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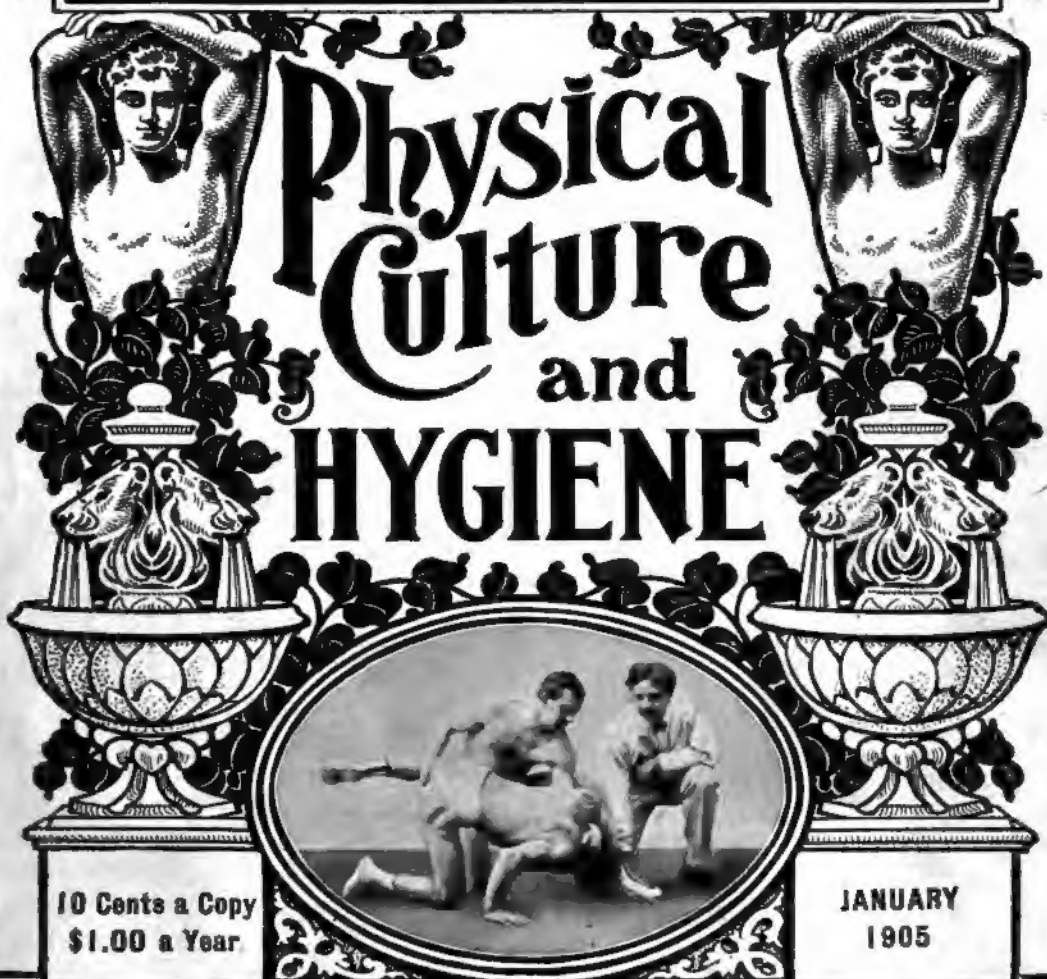


Volume LV

Number 1

HEALTH

Physical Culture and HYGIENE



10 Cents a Copy
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JANUARY
1905

SPECIAL ARTICLES IN THIS ISSUE:

HOW TO PROPERLY MASSAGE THE FACE AND NECK,
By C. Gilbert Percival, M. D.

ALL ABOUT THE FOOD QUESTION, By Habel Gifford

HOW SHALL WE ORDER THE CHILD, By James Duncan

BREATHING AS A REMEDY (Concluded), By G. H. Patchen, M. D.

A TEN-MILE WALK TO MOUNT WEATHER, By H. Kinzel Laws

HEALTH PUBLISHING COMPANY, 1562 Broadway, New York

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Every Reader of Health Take Notice

Lyman C. Bailey,
Bailey's Unified Shorthand,
Block 74, Liberal Arts Building,
World's Fair, St. Louis.

St. Louis, Mo., Nov. 26, 1904.

THE IDEAL COMPANY,
239 Broadway, N. Y.

Gentlemen:

It is hard to find an Exhibitor at the World's Fair who has not, during the past eight months, dug out from its educational features at least one gem that has and will continue to contribute greatness to his happiness and worldly success. The subjects are as varied as the tastes and requirements of the searcher, but the exhaustive tests and the eminently satisfactory results are always the same.

As an Exhibitor who has been conducting a series of such tests, I take the liberty to say to you that of all the benefits derived from my World's Fair Education the restoration of my natural sight, after repeated tests, by your Ideal Sight Restorer, to as good a condition as it was twenty old years ago, is positively the most marvelous, the greatest and most lasting. For more than twelve years I have been consulting Eye Specialists and purchasing optical formulas until in September, 1904, I found myself with an accumulation of a dozen pair of "outgrown" glasses, and eyes so weak that I feared total loss of sight. Glaucoma was the word used by some to describe my malady, while others used the words Compound Astigmatism and Cataract.

I, with several other Exhibitors, accepted treatment of your representative at your booth, Block Eleven, Liberal Arts Building, for about two weeks. My treatments were irregular at first, as I felt that, while I am an enthusiastic supporter of the principles of Physical Culture, its direct application to my own weak, sensitive eyes seemed too much like risking the last vestige of vision for a principle. The good results were so marked,

however, that I soon secured a pair of your Ideal Sight Restorers, and, after about a week's faithful self-treatment was able to see without glasses better than I had seen for many years with them. I suffered no headache or other inconvenience usual to those dependent on glasses who suddenly discontinue their use. I have not needed nor worn glasses since. I experienced a sense of freedom hard to describe when after having been restrained within the concentrated focus of the most scientific lenses, day and evening for twelve years, to be able to roll my eyes rapidly about and see accurately at any angle objects at a distance, and, closing them quickly, retain the image or picture a satisfactory length of time. Later I was startled to observe that the range of vision had extended from a few feet directly in front to hundreds of feet in the three directions in which the eye can move without turning the head, and still later I realized that my sight was as good as in my boyhood days, when I could see objects at a much greater distance than my play-mates.

With the return of perfect sight came the confidence, alertness and courage of youth, while the foreboding, falterings and doubt incident to rapidly failing sight were as quickly dispelled, and now at the age of 47, I see the greatest of World's Fairs through eyes of but seventeen.

My wife, who has worn strong Near Sight glasses for about twenty-five years, when convinced that my eyes were being benefited, also tried the Restorer, and now goes without glasses the most of the time. She is still taking treatment.

We are Pacific Coast people, well known there and in the Orient. Our address after January 1, 1905, will be Berkeley, California.

The above is for your own information and encouragement, but should you desire to publish it, you have my consent to do so.

Respectfully,

LYMAN C. BAILEY.

STATE OF MISSOURI) ss.
City of St. Louis



Subscribed and sworn to before me, a Notary Public, within and for the City and State aforesaid, this 29th day of November, 1904.

ANDREW H. WATSON,

Notary Public, City of St. Louis, Mo.

My Commission Expires August 8th, 1906

STATE OF MISSOURI) ss.
City of St. Louis



I, William H. Hauschulte, Clerk of the Circuit Court, City of St. Louis, the same being a Court of Record, in and for said City and State, do hereby certify that Andrew H. Watson, who subscribed the foregoing Certificate of Juror was at the time of taking such affidavit a Notary Public, residing in said City and duly authorized to take and certify the same by the laws of said State, and to take and certify the acknowledgment and proof of deeds, to be recorded in the State, and that the same is taken and certified in all respects as required by the laws of said State. That I am well acquainted with the handwriting of said Andrew H. Watson, and verily believe that the signature attached to the foregoing Certificate is the genuine signature of said Andrew H. Watson.

WITNESS my hand and seal of the Circuit Court, City of St. Louis, at my office in said City, this 29th day of November, 1904.

WM. H. HAUSCHULTE, Clerk Circuit Court.

EDITORIAL DEPARTMENT

By CHARLES A. TYRRELL, M.D., EDITOR.

Absolute cleanliness, both internal and external, is the golden key that unlocks the door of perfect health.

THE NEW
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VOL. LV.

JANUARY, 1905.

No. 1

A HAPPY NEW YEAR
TO YOU, ONE
AND ALL.

This salutation comes from the very bottom of our heart, if the limited space in the apex of that organ could contain so comprehensive a sentiment. Perhaps we had better modify it, and say, from the deepest recesses of our inner consciousness. May it indeed be a happy New Year to you! If our good wishes could secure it to you, you might count it assured; but although we can do much to brighten the days of others, it rests with the individual whether the year be happy or not. It is a question whether unalloyed happiness ever did exist in the world; but there is a tranquillity of mind that is very near akin to it, and this may be enjoyed by all who strive for it. The means are very simple. First of all, be contented. No matter what your neighbor has, it is certain that you have some one thing that he would fain possess, and whatever your lot may be, look

around you, and you will find plenty with whom you would not exchange. Secondly, live simply and naturally. The besetting sin of the American people is ostentatious display. Each one seems to feel that it is incumbent upon him or her to make as good a showing as the neighbors, which leads to excess in all directions. It is this insensate desire to equal, if not surpass others, that is at the root of all this pernicious excess of activity, which robs life of its charm, and most assuredly does not conduce to happiness. Thirdly, be temperate, especially in diet. Excess in that direction is lightly regarded, although in its physical effects it is as baneful as the drink habit. It is one of the chief causes of ill health, and that is well nigh fatal to happiness. We repeat: it rests with the individual whether this shall be a happy New Year. In fact, we will go farther, and maintain that if the foregoing suggestions for conduct are faithfully observed, happiness must be the inevitable result. How many of you will put them into practice?

NATURE'S BOOKKEEPING.

In business matters, a man may evade payment of his just debts, either by direct dishonesty, or by taking advantage of the subtleties of the law, and may even escape punishment for his wrongdoing, if he has money or influence; but in his dealings with Nature no evasion is possible. Nature is a rigid accountant, and every item, no matter how trifling, is strictly charged against him. His credit may run for a long time, according to the initial amount of vitality he started with as capital, but sooner or later, the account is presented, and payment demanded. No excuses are accepted, nor can a friend settle the account for him—he must pay in person. People are prone to regard sickness, when it comes upon them, as a grievous wrong, but Nature, though inexorable in exacting the penalty, is absolutely just. The individual may not be conscious that he has violated natural law; but even as in civil affairs, “ignorance of the law excuses no one,” so it is with Nature, and the individual, he has offended and must pay the cost. If men, aye, and women too, would only keep the fact in mind that all their little indiscretions are duly entered against them in Nature’s ledger, and that there is no escaping judgment, it would be well for them. That late supper was very pleasant. Sitting down in those wet clothes could not possibly harm a strong, hearty being like you; but the dyspepsia and the rheumatism were just as naturally the result of those indiscretions as that pain should follow a burn, or that blood should flow from a wound. It is simply cause and effect, the logical working of natural law. A man may outwit his fellow-man, but he cannot cheat Na-

ture. It behooves him, therefore, to keep a strict account of his vital expenditures, and avoid getting on the wrong side of the ledger.

INTERNAL COMBUSTION.

Most people have no doubt observed that a fire burns more brightly in the winter than in the summer, and have been content to note the fact, without inquiring why it should be so. Yet there is an important lesson for humanity in this apparently simple thing. The extra brilliancy of the winter fire is due to the increased amount of oxygen in the air. Animal life is an incessant process of combustion: it may almost be said that life is combustion. Oxygen is the great supporter of combustion, although not combustible itself, hence the fires of life burn with increased brightness when oxygen is plentifully supplied. Cold air, if pure, is one of the most powerful aids in eliminating those poisonous substances that are perpetually forming in the human body as the result of the digestive process. Oxygen possesses an affinity for nearly every other element, with which it forms compounds, innocuous in themselves or made susceptible of easy elimination. The oft-quoted term, “oxygen is life,” is not so much a misnomer as some might imagine, in view of the important part it plays in Nature. It is impossible to place too great a value on cold, fresh air. Experience has shown that fifty per cent. of patients suffering from various diseases of the lungs have recovered under the open air cure. The indifference, not to say aversion, that many people display to fresh air, especially in their sleeping apartments, would be ludicrous if it were

not pitiable. Yet it is a fact that any person would be warmer in a bedroom through which a current of cold air was passing (provided they were well covered), than they would be in a heated room, illy ventilated, for no warmth can equal that produced by active combustion.

THE TRUTH ABOUT SEWER GAS.

It has recently been discovered, as the result of experimentation, that the part played by sewer gas in typhoid fever infection is not that usually credited to it. It has been demonstrated that sewer gas is as free from the presence of disease germs as ordinary air. It is thus freed from the reproach of being the carrier of disease; but it is an important factor in the propagation of typhoid by its extremely debilitating effect upon the system, thus lowering the vitality so seriously that the system easily falls a prey to microbic attack, offering, in fact, a particularly favorable breeding ground for these parasites. Dr. Alesie has recently experimented with rats, guinea pigs and rabbits, subjecting them to the action of sewer gas, and then inoculating them with a culture of typhoid bacillus, together with an equal number that had not been so subjected. Of the rats, thirty-seven died out of forty-nine subjected to it, and only three out of the other group. Of the guinea pigs, fifty-seven died out of seventy-two, and only one of the other class; while of the rabbits, every one died that had been subjected to the gas, while not one of the others died. From the fact that the longer they were subjected to the gas the lower the mortality was, seems to indicate that the system tolerates the

gas to a certain extent after a given point is reached, which would account for the apparent immunity some people seem to enjoy under circumstances that seem to invite infection.

THE ONLY TRUE COSMETICS.

Why is it that women will persist in wasting their time and material in applying substances to their faces for the improvement of their complexions? That women should wish to appear attractive is a perfectly natural feminine instinct, and, within limitations, a laudable desire; but if they only paused to think, they would realize that applications to the surface are only patchwork after all. When the complexion is dull and cloudy, it indicates an unclean condition of the body. To put it plainly, there is a dirty condition of the body, which manifests itself in the face. We may make the face presentable by bleaches, etc., but it is a hypocritical proceeding at best, while the rest of the body is filled with dirty refuse, in the form of broken-down tissue and the débris of undigested food. Why not take an equally active interest in the skin of the entire body, instead of the face alone? The only way to have a perfect complexion is to have pure blood, and that means scrupulous cleanliness, both external and internal. A diet consisting of fruits, grains and nuts will do more to beautify the skin than all the cosmetics that were ever prepared. It is perfectly right to cultivate beauty, but that beauty should be more than skin deep, it should have for its source an internal purity that could not fail to find outward manifestation in a perfect complexion.

CONTRIBUTED ARTICLES

HOW TO PROPERLY MASSAGE THE FACE AND NECK.

By C. GILBERT PERCIVAL, M.D.

DOUBLE CHINS, STIFF AND WITHERED NECKS, WRINKLED AND DISCOLORED NECKS, SUNKEN FACES, SALLOW COMPLEXIONS, MUDDY COMPLEXIONS, FREQUENT HEAD-ACHES, MANY THROAT TROUBLES AND FLABBY TISSUES CAN BE HELPED AND CURED BY MASSAGE. A BEAUTIFUL, WHITE AND VERY SMOOTH NECK AND THROAT IS EXCEPTIONAL NOW-A-DAYS AND WORTH PRODUCING. MASSAGE AND AVOIDANCE OF TIGHT BANDAGING OF THE NECK WILL WARD OFF A SUSCEPTIBILITY TO THROAT TROUBLE.

Women, to be beautiful, must have good, clear skins and complexions.

All may not be born fair, but we all may, by diet, baths and exercise, gain skins that at least may be called clear. You can cultivate the skin as you would a flower. It may be refreshed by cooling showers, nourished by massage lotions and skin foods and moulded into proper lines. Keep free from external imperfections by diet and corrections. Attain a clear skin and other defects will soon be remedied. Without the proper kind of a skin the finest form soon loses its attractions for all.

Wrinkles are the bane of every woman, young, middle-aged or old. Their immediate cause is a shrinking of the underlying adipose tissues. Were the face stolid and expressionless, hollows alone would mark the loss of fat. The muscles which are overworked lose their elasticity and become weak and flabby.

Thus the props of the face fail to support the flesh. Then comes the change in the outline of the face and bagginess of the throat. Often a double chin is caused by the impaired elasticity of the muscles. As time passes, the facial circulation grows worse and worse, unless artificially stimulated. Any part of the body through which blood fails to flow sufficiently becomes weak, colorless and shrunken.

It is then in line to state that any means which will cause the blood to flow in respectable quantities to these parts will vitalize them. Massage will do this effectually, whether done by hand or mechanically. To be of permanent benefit, however, it must be done daily. Bed-time is the best time for the treatment. The advantages of a simple self-treatment at this hour is that the skin food or emollient used to feed the pores may remain on all night. It is not necessary to employ all the movements given. A choice may be made to suit the individual case. One rule alone is imperative: precede any facial manipulation with a thorough face washing, to remove any powder, dust or foreign substance from the pores.

Eradicate the worry, melancholy, fretfulness or whatever may be your besetting sin, first, just for one day; then take



NO. 1.—STRETCHING THE NECK MUSCLES TO BRING THE
NOURISHING BLOOD TO THE SURFACE.

the day's external treatment. The next day repeat the prescription, never forgetting the internal remedy; then, in a week's time, see if there is not some improvement.

The most rational method of keeping the face young and of restoring youthful contour when the face begins to line up and relax or sag is facial massage.

Does massage develop and reduce at the same time?

It does not. It reduces or develops according to the method of application. Heavy, downward pressure depletes the veins and so draws away the blood from the parts, and also crushes down the fat cells. Light, transverse motions fill the veins with blood and so build up the tissues.

Movements usually employed in facial massage are of four kinds, namely:

1. PETRISSAGE, OR KNEADING.—Consists in picking up the muscle between the thumb and forefinger and working up its entire length. This work should be done with a gentle, rolling motion. It aims to exercise and thereby strengthen weak, relaxed muscles. Begin the motions lightly at first and increase gradually from day to day.

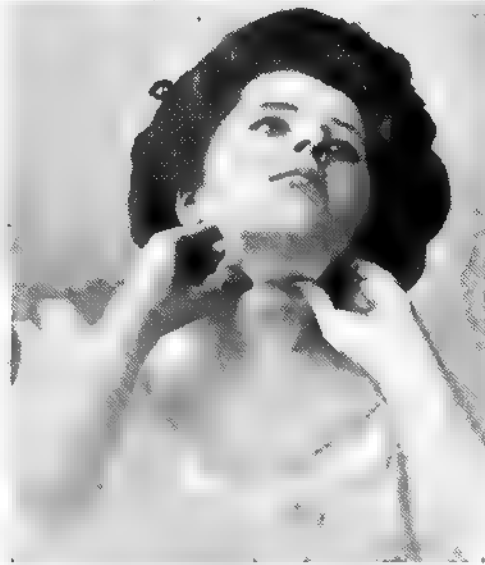
2. THE ROTARY MOVEMENT.—Is a circular motion made with the finger tips. Begin at the center of the forehead. Place two fingers, previously anointed with a good emollient, firmly upon the flesh. Without moving the fingers or letting them slip, work them about in a small circle several times. Move the fingers to an adjacent spot and repeat the motions. Go all over the face in this manner, especially treating the lines upon the brow, "crow's feet," and hol-



NO. 2—TO PREVENT DOUBLE CHIN. TO PERFECT CONTOUR
AND SMOOTH OUT WRINKLES.

lows beneath the eyes. Treat the muscles about the mouth and nose. This motion tends to counteract the tendency of the inner flesh to adhere to the bones. If this is permitted, the face assumes the hard, set look of old age. This movement has little to do with the epidermis, or outer skin; it relates almost wholly to the subcutaneous tissue.

3. EFFLEURAGE, OR STROKING.—Deals directly with the epidermis, and its object is to erase the lines upon the face. It is performed with the thumb, the ball of the fingers, and sometimes with the soft cushion of the palm of the hand. As the lines of the face droop, all motions should be upward and backward. Place the thumbs in front of each ear and the four fingers along the deep furrows from base of nose to the mouth. Draw the fingers backward until they



NO. 3—TO PREVENT WRINKLES AND DOUBLE CHIN.



NO. 4—USE OF COMPLEXION BRUSH, WHICH OBLITERATES DISCOLORED NECK AND IMPROVES CIRCULATION

meet the thumb. Repeat a dozen or more times. Then exercise the cheek muscles. Lines upon the forehead are to be stroked upward and outward, toward the hair. "Crow's feet" may be stroked in the same way. The rotary movement may also be employed. For drooping lines and hollows of lines beneath the eyes, place each middle finger over the closed eye, at the inner corner of the lid next to the nose, and move the fingers outward over the top of the eye and then beneath the eye, back to the nose. Be careful to complete the circuit to the starting point, so as not to make a wrinkle by causing a fullness of flesh at the inner corner. This gives also a beneficial facial eye massage, and has a tendency to preserve vision by rounding up the eyeball.

4. TAPOTEMENT, OR PERCUSSION.—Is

a quick, gentle tattoo with the finger tips. Its object is to bring color to a dull, lifeless or pasty skin. Dry massage is never advisable, except for a pimpled skin, which already suffers from an excess of oil.

Various toilet devices have been invented to aid in the preservation of a youthful face and the obliteration of lines. The most successful and scientific are the massage rollers with separate revolving wheels. They take the place of manual massage. Used over the cheeks, they create a rosy glow and harden the facial muscles. With their use an even, alternating pressure is brought to bear upon the underlying tissues, nerves and muscles, which develops flesh by increasing circulation and imparts firmness to relaxed muscles.



NO. 5—COLD WATER TREATMENT APPLIED TO NECK AND FACE.

A rubber face brush is another excellent device. It deals almost solely with the cuticle and greatly aids in smoothing out premature lines. Its pliability lends itself easily to the curves of the face. It is equally a benefit to an oily, sallow skin, as it cleanses the pores, creates color and imparts a white, velvety appearance to the skin. Another appliance is a small glass suction cup, to which is attached a rubber bulb. It is excellent for hollows in the face or neck, and for any of the lines upon the face. Where the muscles are relaxed and the face flabby, the roller is preferable, in my opinion; but for

pimples, blackheads and light lines, in connection with firm flesh, the little cup is very beneficial.

The following makes a very good skin food: Spermaceti $\frac{1}{2}$ ounce, white wax $\frac{1}{2}$ ounce, lanoline 1 ounce, cocoanut oil 1 ounce, oil of sweet almonds 1 ounce, orange flower water 1 ounce. Melt all but the orange water in a dish over boiling water. When hot and smooth remove, add the orange quickly. Beat smooth with silver fork, adding several drops tincture of benzoin. When creamy and cool, jar and put away in cool place.

BREATHING AS A REMEDY.

BY G. H. PATCHEN, M. D., NEW YORK, MEDICAL DIRECTOR OF THE IMPROVED MOVEMENT CURE INSTITUTE.

(Concluded)

The merest tyro in medical knowledge should know that as long as the contents of the veins throughout their entire length are delivered as fast as they are received, none of the numerous diseased conditions caused by venous congestion will or can exist. When any of these diseased states or conditions occur in any part of the body, from the liver to the lowest point to which the venous circulation extends, the rational and most effective remedy consists in the cultivation of the power and motion of respiratory rhythm—that function provided by nature for the perfect aspiration of all, even the most minute, of the venous channels—to such an extent that it will uninterruptedly maintain this action in the most satisfactory manner. That it is possible to cultivate respiratory rhythm

to such a degree of efficiency that it will remove the deleterious consequences of past defects and prevent further lapses from health in the same direction, is confirmed by the uniform experience of all who have thoroughly tested it.

Chronic digestive disturbances, and their name is legion, are usually found in persons who, from choice or force of circumstances, lead a life of physical inactivity. But these ailments, with their tedious train of disagreeable and painful symptoms, are caused not so much by sedentary habits as by the restricted power and motion of the diaphragm which the absence of physical effort induces.

Diminished respiratory rhythm is prejudicial to digestive vigor in a variety of ways. It lessens the amount of in-

spired oxygen upon the presence of which the assimilation of food depends; it curtails the efficiency of peristaltic action, a most important factor of all digestive and assimilative processes, and lastly it deprives the digestive organs themselves of the normal amount of motion and mechanical displacement, without which their functional activity cannot be properly maintained.

Restore to the dyspeptic sufferer, by proper cultivation, the natural force and vigor or respiratory rhythm, and you remove at once the most potent cause of his infirmity, although his sedentary habits remain unchanged.

Sustentation, contrary to the general belief, is a function. The abdominal and pelvic organs are held in place not by any local prop or support, but by the functional power derived from the motion of the diaphragm and abdominal walls as they participate in the respiratory act. The lifting force thus provided is constantly operative, day and night, sleeping or waking, and can be increased by cultivation to a degree of efficiency greatly in excess of that required for health, thereby rendering it a natural remedial agent of the greatest value. It is not only a sovereign and available remedy for all diseases of whatever name, which are due to defects of circulation in any part of the abdomen and pelvis, but it is sufficient to overcome all forms of displacement to which the organs contained in these cavities are subject.

The general principles which underlie the method of obtaining remedial effects from respiratory effort are few and not at all difficult to comprehend. They may be confidently applied in ordinary cases by any intelligent person. Only very severe or complicated cases require the

services of some one possessing thorough medical knowledge and the skill and judgment which come from practical experience. The most important thing to accomplish is to extend the respiratory motions of the chest to the abdominal region and increase the power and action of the diaphragm and abdominal muscles.

This change, to be effective and permanent, must result from a process of cultivation which, however, no one should undertake without bearing in mind a very important fact, namely, that although respiration is, to a limited extent, under the control of the will, it is really an involuntary process. Voluntary respiration soon induces fatigue, and for this reason should not be practiced by those who are weak and delicate.

A much better way is to practice for a short time daily a few breath-provoking exercises, commensurate with the strength, while the body is kept in such a position that respiration is *compelled* to assume the abdominal form. By so doing every physiologic requirement of the relationship that exists between respiration and exercise is complied with. The exercises necessitate increased respiratory effort, which, confined to the region of the diaphragm, induces more vigorous peristaltic action and a greater degree of mobility of the digestive organs, together with all of the wholesome influences over the venous circulation and the pelvic organs, which, as has been shown, always results from normal diaphragmatic breathing. Lastly, to make the circle of function and uses complete, the increased supply of oxygen absorbed by the lungs during the exercises is not wasted, but is fully utilized for the nutritive support of the muscles which have been actively engaged.

The kind of exercises that can be used to the best advantage will depend entirely upon the physical condition of the person needing them. For the very weak and helpless some of the passive forms of "Swedish movements" to the extremities are sufficient and best to begin with. Later, such bending and twisting motions of the trunk as will affect the region of the diaphragm may be added. Persons of ordinary health and strength, but who, nevertheless, suffer in some form the consequences of either imperfect circulation, digestion or assimilation, will find great benefit from exercises of a more positive and active nature.

For this latter and very large class of seekers after improved conditions of health, there are many ways of securing the desired result. Mrs. Alice Shaw, as she told us not many years ago through the columns of the *New York World*, *whistled* herself into a desirable condition of health, which the practice of this unique and pleasing accomplishment still maintains. Others have achieved the same result by singing; others still by vocal culture and oratory. Some more athletically inclined have derived the best remedial results from boxing, fencing, swimming, skating, mountain climbing, horse-back riding, etc.

The reason that the practice of each of these methods of exercise is followed by curative results is because, without exception, they all compel increased respiration of the abdominal type and make a legitimate demand for a larger supply of oxygen, which, through the muscular effort made, is utilized for purposes of nutrition.

One word of warning in closing.

From the facts presented it is very evident, even to the least observing, that the region at and below the diaphragm—the narrow zone which is traversed by the rhythmic movements of respiration, and which contains so many organs whose unimpaired functional activity is indispensable to health—requires the greatest freedom of motion. Any form or manner of dress which restricts the necessary physiologic motions required in this region is fraught with evil, and this continually. There exists no vicarious atonement for physiologic sins committed against this important region of the body, and sooner or later the frequent offender will be obliged to suffer the consequences.

For the benefit of lady readers I wish to add that the evils resulting from the corset and other forms of abdominal constriction fall less upon the lungs than many suppose. The lungs always have a greater capacity for air than is required for ordinary purposes, and when the necessary volume is prevented from entering them at their lower part, it readily finds entrance into the otherwise unused air-cells of the upper portion.

If one-half of the time and attention now devoted to efforts to *deform* the natural and beautiful outlines of the body were bestowed upon the proper cultivation of respiratory rhythm, the result would be seen, not only in the muscular vigor, beauty of form and æsthetic grace which such cultivation would secure, but in the disappearance of by far the greater part of human suffering, because nearly all chronic affections of the abdominal and pelvic organs would be banished from existence.

HOW SHALL WE ORDER THE CHILD?

BY JAMES DUNCAN.

Much has been written about child culture by various writers. Doctors and teachers, mothers and fathers, old maids and bachelors even, have undertaken times without number to answer the question asked above, and some of them have done it well. Plans have been laid, schemes concocted and rules multiplied to save the child from the evil that is in the world; and yet children die young by thousands, and of those who reach maturity many are weakly or idiotic or vicious. Are the plans wrong? or the rules inefficient? We will not attempt to answer these questions now, but will do our best to show how to "order the child," as taught in that best of all counselors on all subjects—the Bible.

In a splendid article on one phase of this subject Mrs. Grace Edwards, writing in the November *Physical Culture*, makes use of these words:

"Must I believe the words of the Psalmist, 'I was shapen in iniquity and in sin did my mother conceive me'? If I did I could never witness the union of happy young hearts at the altar, knowing that they were about to commit sin."

The writer is laboring under a mistaken notion of the meaning of these words of the Psalmist: *Not that the act of regeneration is sin*, but that the parents themselves were sinners when conception occurred, thus making the babe the child of sinners. "There is none righteous; no, not one," for "all *have* sinned and came short of the glory of God." (See Rom. 3:10-23.)

So, therefore we say, every child must

be dealt with in view of the fact that he is born with a natural inclination to become rebellious upon the slightest provocation. So, "How shall we order the child and how shall we do unto him" (Judges 13:12), since he "was shapen in iniquity" and conceived in a sinful time? Shall we let him have his own sweet will and grow up without let or hindrance into whatever circumstances may lead him? Is he to have free course, in childhood and youth, to indulge his inherited temper or stubbornness or weaknesses? To these questions we must answer, "No, no!" This cannot be done. It would develop a child to the shame and "heaviness of his mother" (Prov. 10:1). How then shall we do? This: "And ye, fathers, provoke not your children to wrath, but bring them up in the nurture and admonition of the Lord" (Ephes. 6:4). And what assurance have we that this effort will not be in vain, as the child advances in years and is exposed to the "corruption that is in the world through lust"? The promise reads: "Train up (or 'catechise,' margin,) a child in the way he should go; and when he is old, he will not depart from it" (Prov. 22:6). Let us be assured of this, dear parents, for God has caused it to be written for our encouragement. It cannot fail, if followed, for He who cannot lie and whose Word abideth forever has said it, and "Heaven and earth shall pass away, but My Word shall not pass away" (Luke 21:33).

Now comes the perplexing question,

"How shall we bring our children up in the nurture and admonition of the Lord?" This has puzzled godly mothers everywhere at all times, and does yet perplex them, and many have seen their children grow up without God and without hope in the world, although they had given their best endeavor to "catechise them in the way they should go."

Why these failures? Because duty was shirked? No. Because of lack of interest in the child's welfare? No, no. Because of indifference concerning the eternal welfare of the child? Not by any means. Why, then? Who can tell? Let me have the question and turn to the "Man of Our Counsel" for instruction.

The words that form the title of these articles were propounded by the father of Samson to an angel of the Lord, who gave his name as "Wonderful" (Judges 13:18, margin), and the angel gave the following answer: "Behold thou (the wife) shalt conceive, and have a son; *and now* drink no wine nor strong drink, neither eat any unclean thing," this before the birth of the child; and then, upon further questioning by the prospective father, the angel said: "Of all that I said unto her let her beware," and "All that I commanded her, let

her observe." (See Judges, 13 chap.)

So much for the child before birth—*no stimulants nor unclean food*. Give the child a fighting chance. Do not overpower it with alcohol and condiments before it sees the light of day. Do not charge its system with urates and other poisons ere it is born. Do not force upon the future man a tendency to drunkenness and gluttony.

After the birth of the babe the mother should see to it that it is nourished at her own breast. When the mother of Moses was compelled to hide her babe for three months and then set him adrift in an ark of bulrushes, to be found by Pharaoh's daughter, God's providence guided so that the child's mother was his nurse and instructor. "Can a woman forget her sucking child, that she should not have compassion on the son of her womb? *Yea, they may forget*, yet will not I forget thee."—Isa. 49:15.

Yea, they may forget—they do forget. They abandon their sucklings to the bottle or to a strange woman! They feed them this, that and the other until mind, body and soul are dwarfed and stunted. Yes, even a mother can forget her child and refuse to have compassion upon her helpless son!

(*To be continued.*)

Nine merchants of Wyoming County, W. Va., were arrested some months ago for selling Peruna on the ground that it was an intoxicating drink, and violating the liquor law of the State. A test case was tried, says the *Wyoming Herald*, Oceana, W. Va. A bottle of Peruna was analyzed and found to contain 28 per cent. of alcohol. The defendant ad-

mitted selling it, but held that it was a patent medicine, extensively advertised, and he bought it as such, desisting from further sales when he learned that it was also an intoxicant. The court instructed the jury to return a verdict of guilty, and a fine of \$100 was imposed, which will apply in the other eight cases.—*Printer's Ink*.

ALL ABOUT THE FOOD QUESTION.

BY MABEL GIFFORD.

"Know ye not that ye are the temple of the Holy Spirit?

"Therefore, whatsoever ye eat or whatsoever ye drink, do it as unto the Lord."

We consider the food question because we wish to know what is the best way to secure and maintain health of body and mind, to find the greatest amount of happiness for ourselves and others, and to continually develop our bodies and minds that we may realize larger and higher consciousness of life as we progress. As the soul depends upon the mind as a medium through which to manifest itself, and the mind depends upon the body as a medium through which to manifest that which the soul gives it, we see that it is of the greatest importance to have both in good condition so that they may be able to receive and to transmit without perverting.

First we will consider flesh-eating. Both among hygienists and mental scientists there are those who advocate flesh-eating and those who advocate non-flesh-eating. Sophie Leppel, that energetic and forceful English woman, who teaches an excellent system of dietetics, both in England and in this country through her magazine, *Health Without Drugs, and Life and Beauty*, and by correspondence, is an advocate of flesh-eating, as is the "Stuffed Club" man, Samuel J. Tilden. Miss Leppel claims that her method attains and maintains the highest possible conditions of health of body and mind, regulates the sex life

and bestows perpetual youth and an indefinite period of earth life on its faithful followers. She regained her health by this method and has aided many others to do the same. Judging by the portrait on the cover of one of her pamphlets she looks to be about thirty. As she has crossed the half-century mark, this is a good showing. She anticipates living two hundred years in the enjoyment of health, strength and beauty and intellectual development. At the end of that time she will be wise enough to extend the period of earth life so long as she pleases.

Dr. Tilden and Miss Leppel both are convinced that quality, quantity, mastication and right combination are the vital points in the food question. While they maintain that flesh food should comprise part of man's diet, they would have non-flesh foods predominate. They maintain that "man is what he eats," that his physical, mental and moral condition depends upon the food he eats, and that the food reform will cover all other reforms, for if he eats right he will think right and do right. Do not turn Dr. Tilden down if you find him turning mental scientists down, for his little magazine contains more good, sound sense to the square inch than any other periodical you can pick up, and while he cannot see any science in mental science, he can see that mind assists nature by not interfering with wrong conditions, and by making right conditions. What he cannot see is that life through mind is

doing the work, and that food is only the material which it uses to make visible form. He says, "If one has a tobacco heart, a tea head, a sugar liver, a toast-and-tea stomach, a white-bread constipation, a dead-food anemia, a fearful religion, and ignorant mind and superstition-fed emotions, will drugs cure these things? Will declaring there are no such things cure?" Here is another swing of his club: "Chronic headache may come from auto-poisoning, generated daily in the system by a bad temper. What's the use giving such a person encouragement that drugs will cure or that diet will cure, for nothing will cure but right life and self-discipline."

While Dr. Tilden maintains that diet is no good without right mind; he also maintains that wrong diet makes criminals, and is the cause of all kinds of wrong conduct. He and Miss Leppel both recognize the sad results of flesh poison in the system and would carefully regulate its consumption. Miss Leppel believes that mankind needs first to be built up on a mixed diet and then the flesh food gradually eliminated from the menu. She publishes a pamphlet, "A Nut and Fruit Dietary for Brain-workers," but she says they must first establish health on the mixed diet. She also has a list of "Olympian Foods" (the food of the gods) for those who are ambitious to develop unusual talent or power; these also must first build a solid foundation on her mixed prescription. Here is a quotation from her pamphlet, "Crux of the Food Reform": "Nevertheless, I do not cease to hope and believe—and here I clasp hands with my vegetarian comrades—that eventually, perhaps very soon, the increasing demand

for improved dietaries will bring into the market at a popular price those nuts and fruits, the combination of which will give a better dietary than any meat we now know."

On the sex question, Miss Leppel says, "A wrong diet is the chief cause of abnormal sexuality." Too stimulating foods excite the nerves, and then the nerves control the man instead of the man controlling the nerves. His nerves will drive him to overwork both his brain and his body; make him a slave both intellectually and emotionally, pervert his judgment and his feelings so that he is incapable of clear reasoning or right feeling, and he becomes immoral, irrational and unfeeling for others and hysterically or morbidly sensitive in regard to himself. She believes this—too stimulating foods—is the cause of so many brilliant men and women breaking down. When they have exhausted their vitality they cannot stop, their nerves drive them on and on, and they overdraw until there is a collapse. In the over-stimulation of nerve force there is the greatest expression from the direction that the mind concentrates it. A person driven by over-stimulated nerves becomes intemperate in that plane where his mind predominates; if he is ambitious in any way he will run to excess in that; if his mind runs to sexual pleasures he will become immoral; if he is a great lover of humanity, he will wear himself out in good works. There are many fine people in the world who, from lack of knowledge on this subject, finding themselves possessed of too strong sexual desires have turned their vital forces in other directions, and so created a current of intellectual, physical or humane work. They

indly stumbled into the very path of development and usefulness that they belong to them.

can easily agree with these practitioners, for they simply see the action of mind and stop there, saying there is nothing more, or, like the olden, they see that thought and food must co-operate, while the mental scientist goes on and sees mind as the first cause, mind as its extension, and body as the result; the form and likeness; the form and quality of light.

, as to "all foods and drinks being in their degree," we quite agree,

begin with, all so-called foods and drinks are not food and drink, but many of them are merely stimulants and destroy a great amount of vitality without giving anything. It can be readily seen that such material destroys the body. To conclude with, many foods furnish but a small degree of nutrition, while others waste a great amount of vital force, and their degree of usefulness is very small and their degree of harmfulness is great. Tea, spices and their kinship stir up the body but give nothing that they stir up the stomach to do what natural vitality should do. If the stomach is so enfeebled that it cannot do its work, it should be supplied with stronger vibrations, more vital force and less of artificial stimulant. The more artificial force is used instead of natural, the weaker the stomach becomes, and an unused limb becomes weaker where it is neglected, and may in time wither and become entirely useless. Rich dishes, rich puddings, pastries, etc., are foods that take more from the body than they give; the foods with a

small degree of vital force and a large degree of artificial stimulant.

I will stop here to explain that stimulation is inflammation; it is the marshaling to a certain part of the body the vital force in order to get rid of something detrimental to the body; something the natural expenditure of the body cannot handle. In its natural condition the vital force required to digest food, water and air, and to supply the power for physical and mental exercise, is overbalanced by the greater amount of vital force received; in an unnatural condition of mind and body more vital force is being consumed than is being supplied. In the one case health is continually being built up, and in the other it is continually being destroyed.

Now, if you are in a disordered condition, and any teacher tells you to eat anything you please while you are trying to regain health, consider which kind of "foods" will facilitate your recovery, those that co-operate with health vibrations or those that antagonize them.

Thorough mastication is of great importance, but it makes a deal of difference what we are chewing, whether we are chewing arsenic or oranges, gravel-stones or kernels of corn. We may chew sawdust and say it as good a medium for the distribution of vital force in the body as whole wheat bread, but the results do not prove it. It is not by ignoring the laws of Nature, but by observing and co-operating with them, that we bring desired results. Belief is one factor in determining the effect of food on the body, motive is another. All things are possible—under right conditions. Satan proposed that Jesus command that the stones be made bread, but He an-

swered, "Thou shalt not tempt the Lord thy God." It makes all the difference whether you take the deadly thing from necessity or for some noble purpose or from carelessness and indifference, because it is the easiest to get, or because you have cultivated a love for it or just to show your power over physical conditions. See to grow wise and do the best you know, that is the only safe motto.

Nature is objective man; everything we see in Nature is the symbol of something in the heart and mind of man, and are the natural correspondents and contain like vibrations; hence poisons and foods, hence the varieties and their different effects on people of different conditions. And the wholesome foods that are taken by man and transformed into poisons are perfect symbols of the way man treats God's truth. Also the poisonous products that man transforms into wholesome foods illustrate the power of Nature when man co-operates. It is a great and wonderful and beautiful study, the book of Nature, unrolled everywhere before our eyes, yet not to be read except by those who "have eyes to see."

Another argument for the use of flesh food is that Indians and other wild people whose food is largely flesh have such pure blood that they are almost insensible to pain and wounds heal rapidly. Undoubtedly life in the open air with a diet of flesh would give better results than an inactive and indoor life with a diet of natural foods; but we are not wild men and cannot spend out lives hunting, and climbing mountains, and if we could we should not be satisfied to live

for only that; our aim is not to become physical giants, but to find the kind of life that will result in the harmonious development of body, mind and soul and how to maintain it indefinitely.

In regard to the statement that "There is but one reason for eating, and that is desire," is also true—when we are in a normal condition. But perverted conditions create perverted appetites, and an uninformed mind is not able to rightly interpret its cravings. If a man sets his body on fire with alcohol, he calls the body's call for cooling drafts a craving for more alcohol; and so it is with cravings for unwholesome things. Craving means that the body is starving for something necessary to it, either nourishing foods or vitality to assimilate foods. In a normal condition there is no craving, and no disturbance over a delayed meal or even the omitting of a meal. There is no desire and no urging appetite, but a rational hunger when one sits down to a meal, and hearty relish and satisfaction and refreshment. There is a desire though, when eating is considered, for such things as will best agree with one, a desire or kind of leading toward such foods as the time and occasion requires. This the author of the statements relative to this subject undoubtedly has experienced, and the kind of desire to which he has in mind when he says, "The life is more than meat," and when the life is right the desires are right and lead one into ways of pleasantness and paths of peace. But while we are growing into the right conditions we need all the helps that Nature—not man and not perverted Nature—can give.

Dr. John E. Stanton, who died of smallpox at the Philadelphia Municipal Hospital July 10, 1902, had been vac-

inated twenty-four times within a year previous, and in addition had virus hypodermically injected.



CONDUCTED BY HARRIET HEMIUP VAN CLEVE.

JANUARY.

Janus was invoked at the commencement of most actions; even in the worship of the other gods the votary began by offering wine and incense to Janus. The first month in the year was named from him, and under the title of Matutinus he was regarded as the opener of the day, hence he had charge of the gates of Heaven, and hence, too, all gates. Jannae were called after him, and supposed to be under his care. He was represented with a staff and key, and he was named the opener (Patulcius), and shutter (Clusius).

In the *North American Review* Elizabeth Banks says: "Were I a painter, and did I wish to depict on canvas the typical American wife, I should put a calico dress upon her, tie a gingham apron around her waist and paint her with an intellectual face, all eager, searching—searching for dust."

"Throughout the West I met the educated American drudge, as well as in New England, by hundreds. At times she seemed to realize what she was; at other times she seemed to live and work all unconscious of the depth of drudgery to which she had descended."

One thing is true, that in no other country in the world except the United States will one find a woman in a checked

gingham apron presiding over the wash-tub and stopping between rubs to go into the parlor to help her little daughter over a difficult part of Schubert or Wagner at the piano. In no other country will one find a wife washing dishes, cooking, sweeping, dusting, scrubbing, putting patch upon patch and darn upon darn for ten hours during the day, then spending her evenings keeping her two children with their lessons in geometry and physics. Of real rest the woman has none. If she snatches an hour off from housework to don a pretty gown she has made for herself and goes to the club to listen to a paper on "The Duties of a Wife, or Model Motherhood," the rush to get there and the rush to get back in time to have dinner on the table adds to her weariness. If, instead of going out, she lies down in her bedroom for an afternoon nap, she hears the little voice calling "Mamma! Mamma!"

"At first," says Miss Banks, "one is filled with pity, and then one is lost in admiration of the American drudge. In spite of odds against her, she has so far held her own. That she has not degenerated is the wonder of the age. That part of the country that has produced women capable of taking their hands from the wash-board to guide their children's fingers over the piano's keys or add a

finishing touch to a bit of charcoal drawing will surely one day produce something very magnificent and intellectual in the way of a woman."

Miss Banks is an English woman and pays American women of all classes the greatest homage, declaring them superior intellectually to all other nationalities.

This picture of the overworked American woman is not overdrawn, and while we deplore the hard labor and unceasing toil that falls to the lot of many intelligent women, they are doing the duty that lies nearest them. Love consecrates the services. Their kingdom of Heaven is at hand just where they are. The gate of Heaven for each soul lies in the endeavor to do their work well.

The humblest man or woman can live splendidly. This is the royal truth that we need to believe. So blessed is the woman whose ministrations of love blesses her household, and gives us the qualities of womanhood, which makes a success of the thing she has to do, a true artist within, whatever her outward work may be. So blessed be the drudgery which makes the home happier, and blesses all beneath the roof.

"I give you the end of a golden string;
Only wind it into a ball,
It will lead you in at Heaven's gate
Built in Jerusalem's wall."

USEFUL HINTS.

Dry corn meal will quickly remove grease from pots and kettles if followed by a washing with soap and water.

Neuralgia may very often be speedily relieved by applying a cloth saturated with essence of peppermint to the seat of pain.

To banish ants, procure a large sponge, wash it well and press dry, which will leave the cells quite open; then sprinkle over it some fine white sugar and place it where the ants are troublesome. They will soon collect upon the sponge and take up their abode in the cells. It is only necessary to dip the sponge in boiling water, which will wash them out dead. Put on more sugar and so keep on until the house is clear of ants.

Stains on china can be removed by rubbing with salt or powdered bath brick.

Onion juice and white soap will usually remove stains made by scorching.

Ivory or pearl handled knives can be best cleaned by using moist, fine salt. Polish afterward with a dry, soft cloth.

RECIPES.

WALDORF SALAD.

Cut the tops from nice red tart apples, scoop out the centers and cut the flesh in small squares. Add an equal quantity of celery. Dust with salt and pepper. Squeeze over the apples a little lemon juice and mix at once with mayonnaise dressing. Fill the apple shells, stand them on lettuce leaves and serve. French dressing is preferable to mayonnaise after a heavy dinner.—*Mrs. Rorer, in Ladies' Home Journal.*

Eggs scrambled with tomatoes are a very appetizing luncheon dish. Peel two tomatoes, or about the same amount of canned tomatoes is just as good; cut

them up and cook in the frying pan with a teaspoonful of butter; salt and pepper. When they are tender, add four eggs, one by one, drawing them constantly from the edge of the pan. Cook them until they are set and serve at once.

LIGHT ROLLS.

One pint of warm milk, one small tablespoonful of melted butter put in the milk, one teaspoonful of salt, three tablespoonfuls of sugar. One-half cupful of brewer's yeast or home-made yeast, or one-half cake compressed yeast dissolved in warm water, three pints of sifted flour. Let it rise three times, kneading slightly each time in a bowl. Roll and cut out with a biscuit cutter. Let rise a little and bake in a quick oven fifteen or twenty minutes.—*By Request.*

BOILED CUSTARD.

One quart of milk, two eggs, ten large tablespoonfuls of sugar, a little salt, and butter the size of a hickory nut. Cook in a double boiler, stirring constantly until thick. Remove from the fire, add one teaspoonful of vanilla flavor and one pint of milk.

WHOLE WHEAT GEMS.

Mix two cups of whole wheat flour with one teaspoonful of salt and two teaspoonfuls of sugar; beat the yolks of two eggs and add one cupful of milk. Add the milk and eggs to the flour, beat until smooth and add one cupful of lukewarm water. When well beaten add the whites of the eggs, beaten stiff, and two level teaspoonfuls of baking powder; fill the hot, greased gem pans and bake in a hot oven twenty minutes.

MOLASSES GINGERBREAD.

One pint of flour, one-half teaspoonful each of salt and soda, and one teaspoonful of ginger, sifted together. Mix with one scant cup of molasses and two tablespoonful of butter in one-half cup of hot water.

Creamed calf's liver is an inexpensive and delicious luncheon and breakfast dish. Cut the liver into small pieces and cook for twenty minutes in butter. Take up the liver and lay it on a hot plate. Into the butter in the pan put a tablespoonful of minced onion, and let this brown. Add a tablespoonful of flour and cook until it begins to froth, stirring gently. Draw the pan back, or lower the gas flame, and gradually add a pint of milk, stirring all the time. Put the liver back into the gravy and allow it to simmer five minutes longer.

Maple flavored whipped cream makes a delicious filling for layer cakes. To prepare it beat two tablespoonfuls of maple syrup and mingle it with one teaspoonful of granulated gelatine that has been dissolved in a tablespoonful of cold water. Let the mixture cool, but before it sets stir it into a cupful of cream and whip the cream stiff.

TO BROWN POTATOES.

Pare and boil the potatoes carefully; press them through a colander or vegetable press; add a seasoning of salt and pepper and butter, and four tablespoonfuls of hot milk. These proportions are to one quart of potatoes. Beat thoroughly until the mixture is light and white. Put it into a baking dish, brush the top

with milk or beaten egg, and bake in a hot oven until a golden brown. Serve in the dish in which it is baked.

CONCERNING WOMEN.

Helen Keller had October 18th set apart for her at the St. Louis Fair. It was called the Helen Keller Day. This is said to be the first time in the history of any American fair that a special day has been set apart for an individual.

The proverbial politeness of the Japanese has resulted in the development of a number of queer costumes. One of the best is the way a hostess gets rid of an unwelcome guest. She does not hint that the time is about up for her stay, or that she is going visiting soon, but she sets to work preparing a dainty luncheon, which she packs in a little box, ties up with ribbon and paper and hands to the guest some morning. It isn't an insult, either; it's just a hint, and one that is always taken.

It is said that a bill which has just passed the Institute of Social Reform has decided to prohibit Sunday bull fights in Spain, and is largely due to the influence of the more intelligent class of Spanish women.

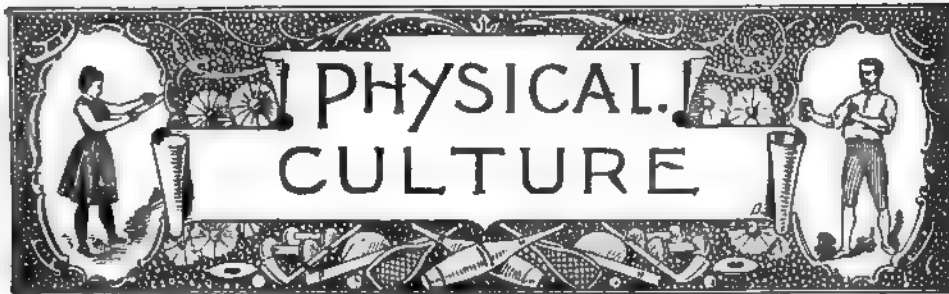
That scourge of America, consumption, is rare in Japan, according to Dr. Irving Hancock. One reason he gives is that in Japan corsets are worn only by a very few so-called progressive women who ape western customs. The vast majority breathe deeply and fully in a way impossible with a corset. Another reason given is that in Japan "there is no air starvation." Little window glass is

used. The panes of oiled paper would not exclude the cold night air, even if they were closed, and the Japanese rarely sleep with them closed. Fresh air—and a great abundance of it—is the Japanese rule. The woman who lies down for her night's rest has the paper window thrown open a trifle. The air sweeps into the room and passes over her as she lies upon the floor. If she is cold, she adds more bed clothing, but she does not close the window. In the morning one of the first tasks is to go out of doors. Then the Japanese women take in great breaths of air. This internal cleansing with air is treated as of more importance than the morning bath which follows. The kitchen and other rooms of the house show closed windows only on the coldest days of winter.

A report published in the *Pennsylvania Medical Journal* says that the honors were carried off by a woman—Miss Martha Tracy, who was, with 378 candidates from different colleges who desired licenses to practice, examined by the State authorities. Thirty-eight colleges were represented, among them colleges in Canada and Italy. Miss Tracy's marks were so high the examiners drew attention to them by special note.

By no cold shadow overcast,
But warm in peace and love,
Sweet in remembrance when 'tis past,
So may the New Year prove.

The years were given for our personal improvement and work in behalf of the world. Each year should find us better, wiser and stronger; more ready for the life which is not measured in human calendars.—*Charles Dickens*.



CONDUCTED BY PROF. ANTHONY BARKER.

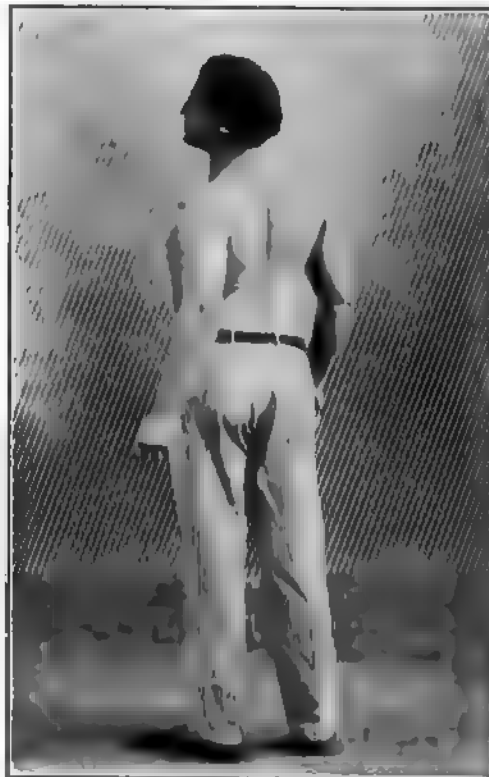
LATISSIMUS DORSI.

BY PROF. ANTHONY BARKER.

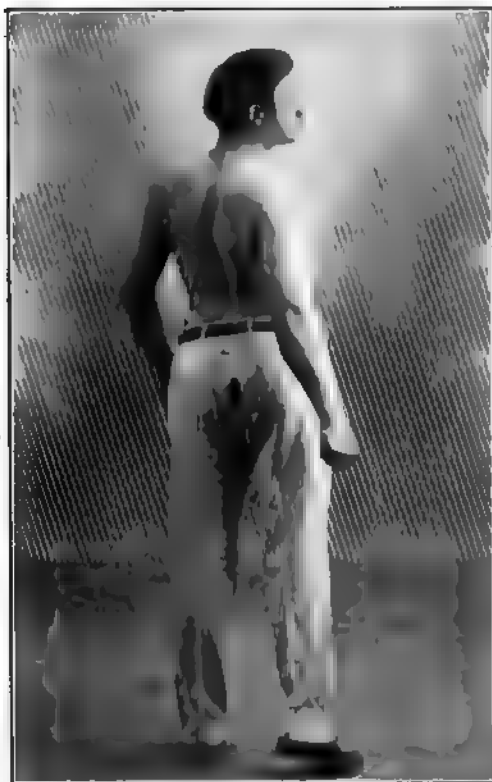
This muscle is a very powerful, as well as ornamental one, when brought out to its full development. It is almost dormant, and in most cases atrophied in people who live a sedentary life, on account of their inactivity, especially so in people who live in large cities. It has the power to draw the arm inward and backward, also down; for example, rope climbing, canoeing, rowing, tumbling and acrobatic exercises bring it into action to its full extent. Athletes performing on the stage are very proud of their latissimus-dorsi muscles, and show them as the climax of their muscle posing. They spread the arms apart and inhale with a whistling sound. The spreading of the arms extends the muscles to their fullest extent, so deceiving most of the spectators into believing that they have an enormous lung capacity, but most of it is really excellent control of the muscular contraction.

The ornamental part of this muscle is that in its full development it keeps the shoulder blades flat against the back of the ribs, making the back full and round, thereby. When in this state, it saves a

lot of special fittings when a new coat, vest or waist is being prepared. It is



EXERCISE I.



EXERCISE II.

also very useful in being a great protection to the ribs in cases of sudden jars and accidents, and as insulation against colds, thereby avoiding the danger of pneumonia or other unpleasant kinds of diseases.

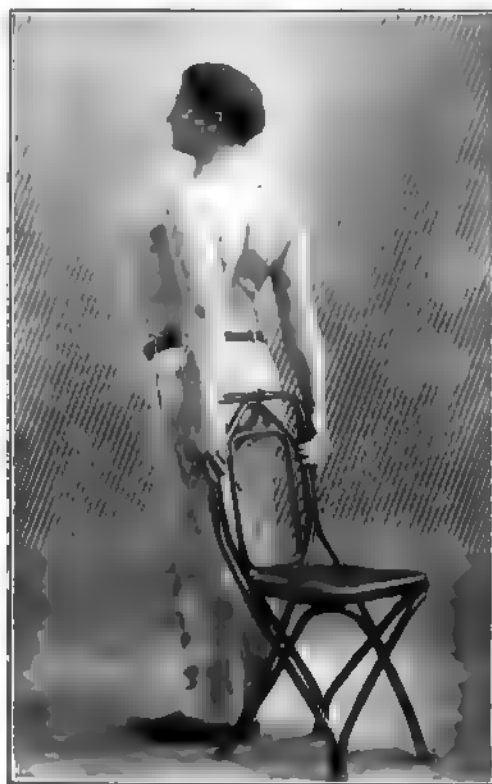
Another good thing it does when in full bloom of development, is that it helps to keep the front of the ribs and the breast bone from sinking inward and downward; thus it gives more room to the vital organs of the chest in performing their functions.

Now as it is very inconvenient for most persons to exactly perform the functions that this muscle was intended for, I have devised a set of six exercises

which are very interesting, and will develop it to its full extent in a few weeks. There is another thing about these exercises. They bring into action a number of surrounding muscles, but only in a minor way.

EXERCISE I.—Stand at ease and erect; inhale, then put the left elbow and hand slightly backwards; next depress the shoulder backwards and downwards. At first do it slowly so that you can feel the upper part of the muscle. Alternate the depression of the shoulders.

EXERCISE II.—Do the same exercise, with this addition. Raise the leg backward on the same side that you are depressing the shoulder, as if you wanted



EXERCISE III.



EXERCISE IV.

to bring the hip bone to the shoulder blade. Alternate with the two sides.

EXERCISE III.—Stand with your back towards the back of a chair. With the arms grasping the sides of the chair back, try and reach as low as you possibly can. At the same time do not change the erect position. This brings both sides of the muscle into action at one time.

EXERCISE IV.—Lying position. It is very similar to Exercise No. 2, but it enables one to bring the legs further backwards without losing their balance, and the arms are brought much further across the back, thereby making the exercise more vigorous.

EXERCISE V.—Hold the upper arm (shoulders to elbow) level with the shoulder, the forearm upward; next

push shoulder backward, then hard downwards. Do this three times with the right shoulder, then the same number of times with the left arm and shoulder. If not tired repeat.

EXERCISE VI.—This is an exhibition of the muscular posing, that makes spectators believe the exhibitor has an enormous lung capacity. It is useful in another way, as it will show you how you are improving in the endeavor for muscular perfection. At first, when standing before the mirror, very angular curves will be noticed between the upper arm and sides, but after one or two weeks of practice, beautiful outlines will begin to appear if the exercises are continued daily. At first in quantity, next in quality.



EXERCISE II.

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EXERCISE IV.

to bring the hip bone to the shoulder blade. Alternate with the two sides.

EXERCISE III.—Stand with your back towards the back of a chair. With the arms grasping the sides of the chair back, try and reach as low as you possibly can. At the same time do not change the erect position. This brings both sides of the muscle into action at one time.

EXERCISE IV.—Lying position. It is very similar to Exercise No. 2, but it enables one to bring the legs further backwards without losing their balance, and the arms are brought much further across the back, thereby making the exercise more vigorous.

EXERCISE V.—Hold the upper arm (shoulders to elbow) level with the shoulder, the forearm upward; next

push shoulder backward, then hard downwards. Do this three times with the right shoulder, then the same number of times with the left arm and shoulder. If not tired repeat.

EXERCISE VI.—This is an exhibition of the muscular posing, that makes spectators believe the exhibitor has an enormous lung capacity. It is useful in another way, as it will show you how you are improving in the endeavor for muscular perfection. At first, when standing before the mirror, very angular curves will be noticed between the upper arm and sides, but after one or two weeks of practice, beautiful outlines will begin to appear if the exercises are continued daily. At first in quantity, next in quality.



EXERCISE V

Between the mountains of India and Persia is a powerful tribe, among whom an extraordinary custom prevails. Women's rights have apparently received full recognition, for the ladies of the tribe can choose their own husbands. All a single woman has to do when she wishes to change her state, is to send a servant to pin a handkerchief to the hat of a man on whom her fancy lights, and he is obliged to marry her unless he can show that he is too poor to purchase her at the price her father requires.—*Family Doctor*.

Health officers say that the death-rate for children is lower in Japan than it is

in Europe and America. This is as it should be, in a country where the houses are off the ground a foot or two, and have no cellars, and the air inside is as fresh as it is out; where, too, everyone bathes and has a good scrubbing every day. From 800,000 to 1,000,000 persons go to the public baths of the capital daily, and there are tens of thousands of private baths besides. This is a good showing for a city with a population of less than 2,000,000.—*Medical Herald*.

Physical examinations show the young men of the Philippines to be much more healthy than Americans. In an examination of 736 for the army only twenty were rejected.



EXERCISE VI.

A TEN-MILE WALK TO MT. WEATHER.

BY H. KINZEL LAWS.

The value of walking as an exercise for the attainment of health and physical strength is acknowledged by all who pretend to know or practise physical culture.

Walking and running are more beneficial in their influence than any other exercises. The walk generally advised is of two or three miles in length, but having walked from four to six miles on one tramp at previous times, I felt confident in undertaking one of the distance mentioned.

Then, too, I had the incentive of a special point as my destination—Mt. Weather.

Mt. Weather is situated on one of the highest peaks on the Eastern Blue Ridge, about sixty miles air line from Washington, D. C., and is an ideal point for a weather bureau station.

The visitor is at once impressed with the beauty of the main building's exterior and the elegance of its interior. This building is of native stone, inlaid with timber, and faces toward the southeast and has a wide portico running full length of the front. A large United States flag floats from the roof garden, and it is said the Washington Monument can be seen from this garden on a clear day, also the city of Winchester and a half-dozen or more lesser places lying in the Shenandoah Valley. At the very foot of this mountain can be seen the Shenandoah River—"the daughter of the seven stars"—peacefully winding its way towards Harper's Ferry, where it empties into the Potomac. On the outside

one can get a magnificent view of that picturesque Blue Grass region of Loudoun and Fauquier counties. This view scans the entire scope of country between the Blue Ridge and the historic Bull Run Mountains. The view from this point alone is well worth walking ten miles to see. Besides, as I have said before, there is a lot to be seen and learned from inspecting the buildings.

The main building is heated by a furnace and is lighted by electricity, with hot and cold baths. About two hundred yards southeast of this building are the two magnetic buildings, known as the "Variation" and "Absolute" buildings.

A balloon manufacturing and inflating building is in the process of erection. Mt. Weather has direct telegraphic connections with the Weather Bureau at Washington, and is under the supervision and management of Mr. Alfred Theison, of New York City. The government has spent already between twenty or thirty thousand dollars in establishing and equipping this station.

To reach this place I walked from the little but historic town of Upperville to the foot of the mountain, then I had to climb up a rough mountain path, which is said to be two and a half miles from the bottom to the top; a pretty fair test of one's skill at climbing and endurance as a walker.

Very few people walk as Nature intended, for they allow the position of the body to become incorrect, and instead of each step being a forward propelling power, much of the force is frequently

misdirected. In walking, one should remember that when the exercise is taken properly it consists of a continuous fall forward.

Every forward step should really save one from falling. The body should then be continually inclined forward, and every step under these circumstances should push one forward instead of backwards.

Walking can hardly produce benefit of value unless some attention is also given to the necessity of proper breathing. In a previous article, published in the July number, I especially commented upon the necessity for proper breathing, and described a few breathing gymnastics. To those who desire more explicit information on this subject I would refer them to this article. Correct breathing is, after all, the secret of perfect muscular and physical development.

A certain amount of oxygen is required by the blood, and if this oxygen is not supplied, the benefit of any exercise is questionable. In fact, oxygen can well be classed as one of the necessary foods of man. The more we breathe the more oxygen we get, and the more oxygen the more strength. Deep, diaphragmatic breathing is necessary if one wishes to develop endurance.

Walking, when taken in this natural

manner, with proper attention to breathing, becomes a stimulant to every part of the functional system. It accelerates the circulation, improves the digestion, clears the complexion and will be found of advantage, no matter what system of physical culture one may be using for general physical development.

To those who may ask how far they should walk, I would say this can best be determined by your own strength. Simply walk until you begin to feel fatigued. If due attention is given to the methods of breathing herein advised, this will not appear near so quickly as when breathing improperly.

One should gradually, day by day, be able to increase the distance of one's walk as their strength increases. I would suggest early in the morning as the best time for walking. The air is then especially good and pure, and, of course, under these circumstances the walk is more pleasurable and more beneficial.

Remember that you are walking for health and pleasure; don't overdo, don't lay out any arbitrary schedule. What other form of exercise permits of such pleasant changes of scenery and such a close communion with Nature? In short, it is so exhilarating when properly indulged in as to make one forget that it is exercise at all.

There is a creeping moss found in Jamaica, in Barbadoes, and other islands of the West Indies, which is called the "life tree," or more properly the "life plant." Its powers of vitality are said to be beyond those of any other plant. It is absolutely indestructible by any means except immersion in boiling water

or application of a red-hot iron. It may be cut up and divided in any manner, and the smallest shreds will throw out roots, grow, and form buds. The leaves of this extraordinary plant have been placed in a closed air-tight, dark box, without moisture of any sort, and still they grew.

REST AND DIGESTION.

BY S. T. ERIEG.

There are certain unchangeable laws, that to realize results consistent with the normal working of the human body must be undeviatingly adhered to. A plant to grow must be planted in the soil and favored with moisture and warmth. The little bird before it can fly must remain a certain time in the nest and gradually strengthen the wings and body before aerial flight is a possibility.

The human body is governed by laws which must be obeyed, and the violation of which will result in an abnormal condition of the body. The stomach is the most wonderful organ in the body, for on it all other organs depend for sustenance; it is, without doubt, the most severely abused organ in the body.

Who can explain just how the wonderful transformation operates by which food is changed into bone, muscle, brain, hair, nails, etc., yet this wonderful process is constantly going on. The stomach is a very willing servant. It is very fond of its master, and often does and is compelled to perform such work as only a slave would do, and in many instances for years submits to monstrous impositions without rebellion. But the stomach working under adverse circumstances, not being unfailing, like the "widow's cruse of oil," fails, and the poor victim is brought to a stern realization of his or her condition.

So prevalent is stomach trouble with us Americans that it is called the national disorder. The causes of this disorder vary according to the habits of the in-

dividual. Too many dishes, too rich food, overeating and improper mastication in some instances, and too strenuous life in other instances, can be ventured as probable causes.

To keep within the lines of the subject of this article, and starting on the hypothesis that the food is wholesome, it follows that there should be a period of rest after each meal. Eating produces a feeling of sleep, and this is only natural, for it requires rest to digest food. Some one has said that "sleep is the mother of digestion." The dumb brute as soon as it is through eating lies down and rests. This would be an excellent example for those people to observe who have poor digestion.

The following example is familiar to all school children. Dr. Harwood had two dogs. After both dogs had eaten, the one dog slept, the other dog ran. In the course of two hours both dogs were killed. The food in the dog that had slept was completely digested, while the food in the dog that ran scarcely began to digest.

Quietness of mind and body is good alike for the well, the delicate and the sick. People have a desire to sleep after eating because it is natural, because rest is necessary to properly digest food. It also requires nerve force to digest food, and while the body is in a state of activity and the great supply of blood is directed to other parts of the body, the stomach is hindered from doing its work properly. But what strenuousness is

usually displayed! We have not time to rest a few minutes after eating to digest our food. It is a rush to meals, bolt it in a hurry, rush to place of work and be in a constant state of activity. How can the stomach work properly under such adverse circumstances?

Verily are the words of the inspired book true: "Go to the ant, thou slug-gard; consider her ways, and be wise." The dumb creatures can teach us much worthy of imitation if we will but profit by the lessons they teach, and the matter of eating and rest is one of them. There are causes for the various stomach disorders, and the reason so many die is because their stomachs are worn out.

The human body is mainly composed of pairs. Man can lose arms or legs and still live, have one eye and yet see, a kidney and still live; he may lose one lung and still breathe, but he has only one stom-

ach, and when that is gone he must die for the want of another. The stomach, and particularly the human stomach, is similar to a manufacturing establishment. It takes in raw material and turns it into the finished product in the shape of the human organism. Like a business concern, its success is most complete when its manufacturing process can be carried on with the least expenditure of labor, attended with accuracy and speed of manipulation. The stomach is not an old sack that can be filled up with junk. The stomach should be given a rest. It will pay to give the stomach an occasional vacation.

The condition of the stomach and its years of usefulness will depend on how well it is taken care of. A stomach that is treated as a slave in chains cannot have to its credit the years of usefulness that the well-used stomach has.

BOOK REVIEWS.

HEALTH, STRENGTH AND POWER. By Dudley Allen Sargent, A.M., Sc.D., M.D., Director of Hemenway Gymnasium, Harvard University. Illustrated. Published by H. M. Caldwell Co., New York and Boston. 1904.

A most excellent book, as might naturally be expected from a man with the wide experience of the author. The name of Dr. Sargent is known wherever physical culture is discussed or practised, mainly for the reason that he is the inventor of so many different appliances for receiving the best results from exercise. In this work, however, the author has dealt with the subject of exercise without apparatus, and has furnished a

series of 56 exercises, excellently illustrated, specially designed for the benefit of those who cannot attend gymnasiums or that have not the convenience for employing appliances. The exercises in question are admirably adapted to the development of the muscles specially considered, and we venture to predict highly successful results from the practice of them, for we have never believed in the necessity for apparatus. These exercises are classified in groups, for children, young men, women, elderly men and young girls, so that each can select the group most suited to age and sex, thus avoiding the possibility of employing unsuitable exercises. The book is admirably written, clear and forceful in style,

thoroughly explanatory and practical. It fairly teems with good advice, not alone in relation to exercise, but on diet, bathing, clothing, etc., in fact, it is a most valuable hygienic handbook. It deserves and doubtless will have a large circulation. To all those interested in the subject of physical exercise we recommend it most heartily.

THE NEW THOUGHT, and How to Apply it to Everyday Life. By Lillian E. McNair. Published by the author, Lillian E. McNair, 67 Ashmont Street, Providence, R. I. Paper. 50 cents.

This is an unpretentious little booklet, and differs from the average work on this subject, not alone in bulk, but in the matter of practicality. The reader has here, in a concise form, all the salient facts pertaining to the New Thought, so cogently presented that as a book of reference alone it would seem to have a wide field of usefulness. All friends of the movement will hail the appearance of this little work, which will undoubtedly quickly demonstrate its value.

PHYSICIAN VERSUS BACTERIOLOGIST. By Professor Dr. O. Rosenbach, of Berlin. Authorized translation by Dr. Achilles Rose. New York. Funk & Wagnalls Co. 1904.

There has been such a steadily growing belief in the immutability of bacteriology, that this work will cause little less than consternation in the orthodox medical ranks. In spite of the almost fetich-like regard in which bacteriology is held by the majority of the medical profession, there have not been wanting individual members who refused to accept and many that did not scruple to

denounce it; but this is the first open attack upon the validity of its pretensions, and coming as it does from Germany, will cause it to be regarded with considerably more interest. After all, it must be remembered that the heresy of to-day is the orthodoxy of to-morrow, and this will not be the first medical theory to be abandoned after having been lauded to the skies. The book is eminently worth reading for its outspoken views on the subject, and although it will, in all probability, tread on the corns of a few, still no practitioner can afford to disregard it, for he must have a weak case who fears to have it criticised.

MY LADY BEAUTIFUL, or the Perfection of Womanhood. By Alice M. Long, author of "Triune Life Culture," "Gospel of Health," etc. Published by the author, A. M. Long, 601 Washington Street, Chicago, Ill. 1904.

There never was a woman who did not wish to be beautiful, or to preserve her beauty if nature has endowed her with it; therefore this book appeals to an enormous class. It is safe to say that both these classes will find in this book the key to perfect, winsome womanhood. Do not expect to find in it recipes for cosmetics and washes, those baneful substances which are destructive of true beauty, for you will be disappointed; but in their stead you will find golden advice which cannot fail of producing the desired result if conscientiously followed. It is a book of prescriptions direct from Nature's pharmacopeia that have never yet failed. It is the heart to heart talk of a woman to her sisters—a woman deeply impressed with the importance of

her message. It is handsomely gotten up and contains 26 excellent illustrations.

It is a book that no woman can afford to be without.

The use of cold water as a bath for ordinary health purposes—we are not speaking of its use for the strictly medical purposes of reducing the temperature of the body in certain stages of disease—is purely reactionary. The cold bath is only useful, or even safe, when it produces a rapid return of the blood to the surface immediately after the first impression made, whether by immersion or affusion. The surface must quickly redden, and there must be a glow of heat. If these effects are not rapidly apparent, cold bathing is bad; and no such effects are likely to be produced unless the circulation be vigorous and both the heart and blood-vessels are healthy. Great mistakes are made, and serious risks are

often incurred, by the unintelligent use of the cold bath by the weakly or unsound. Moreover, it is necessary to bear in mind that there is seldom too much energy to spare after middle age, and it is seldom expedient for persons much over forty to risk cold bathing. We would go so far as to say that no one above that age should use the tub quite cold unless under medical advice. It is possible to be apparently robust, and for all the average purposes of life, healthy, and yet to have such disabilities arising out of organic disease or weakness as to render the recourse to heroic measures, even in the matter of cold bathing, perilous.—*Spatula*.

THE WORLD'S NEWSPAPERS.

In an article in the *Revue Hebdomadaire* some interesting figures are given with regard to the number of newspapers published in Europe. Germany, with its 5,500 journals, 800 of which are daily, heads the list. England takes the second place with 3,000 newspapers, of which 809 are dailies. France has nearly the same number—namely, 2,819—but of these only a fourth appear daily or twice or thrice a week. Italy has 1,400 newspapers, and next in point of numbers come Austria-Hungary, Spain, Russia, Greece, and Switzerland. All in all, there are about 20,000 newspapers published in Europe. In Asia there appear 3,000

periodical newspapers—most of them in Japan and British India. Japan alone has 1,500. Africa is, in the domain of the press, the most backward. There appear but 200 papers daily—30 in Egypt, and the rest in the European colonies. America has a great number of newspapers. In the United States alone 12,500 are published, and 1,000 of these are dailies. 120 are published by negroes. There are few newspapers in Australia. It has been calculated that, taking the population of the whole world, there is one newspaper to 82,600 persons.—*Medical Topics*.



QUESTION.—I hear so much about the danger of eating white bread (the common bakery variety) and the advantages of whole wheat bread, that I have begun to imagine that my digestive troubles may be due to that cause. Will you tell me wherein the danger lies in eating white bread, and why the whole wheat bread should be considered so much superior? By doing so you will confer a favor on an interested reader of your magazine. Respectfully, George Holcomb, Skowhegan, Maine.

ANSWER.—The reason that it is inadvisable to eat white bread is because nutrition is sacrificed to appearance. In the process of milling the flour the nutritive portion of the grain, which is dark in color, is screened away for the purpose of obtaining white flour, which contains a disproportionate amount of starch, and starch is the hardest thing in the list of food substances for the digestive powers to contend with, owing to the fact that few people masticate their food thoroughly. For the proper digestion of starch, it must be acted upon by the saliva in the mouth, to convert it into dextrine. A person condemned to an exclusive diet of white bread would inevitably die of starvation. Bread made from whole wheat contains every element necessary for the sustenance of the body, and, as nearly as possible, in the proper proportions. Its principal advantage is, that it contains a proper proportion of the inorganic salts (the bone-making element),

in which the white bread is totally deficient. Whole wheat bread is a properly balanced food; white bread is a food sadly deficient in nutritive quality.

QUESTION.—Availing myself of the privilege of asking for information, I should feel greatly obliged if you could, or would, give me a good, rational treatment for sprains. I had a most severe one recently, which caused me excruciating pain and disabled me for weeks. I should like to be prepared to deal promptly with a similar case should it become necessary. Mrs. C. Gillespie, Yankton, South Dakota.

ANSWER.—Sprains are often more serious in their results than fractures, and there is always a tendency to recurrence in a joint that has once been sprained. Make a solution as follows: Three drachms of *Collinsonia Canadensis* to a pint of water, and make the solution hot. If practical, immerse the joint; if not, then foment it freely with a piece of soft cloth. When the swelling subsides, bandage the part tightly and give it perfect rest. Should it be impossible to treat it within an hour or two of the injury, and much discoloration should be present, hold the injured part above a vessel and pour at least a gallon of the above solution over it, slowly.

QUESTION.—Can you inform me why sea air is so helpful in a large number of cases, and yet positively injurious in

others? And to what is the beneficent effect of the sea air due? I feel as though my request called for rather a large contract in the way of information; but if you can give me the main facts briefly, I shall feel obliged. Harry Jordan, Iowa City, Iowa.

ANSWER.—The tonic effect of sea air is mainly due to the ozone, which is produced by the action of the oxygen contained in the air upon water in motion, such as waves or breakers. Some of its bracing effect is held to be due to the presence of iodine and chlorine, which are disengaged from the sea water by physical and atmospheric action. Ozone is found in mountain air and in winds blowing over dewy fields in the early morning; but there is a bracing quality in sea air, superior to any of these, and is, in all probability, due to the causes stated. Why it should be that the same beneficent effect is not manifested in all cases it would be difficult to say. If we positively knew that, we should have made a great advance in treating disease. The fact remains that in organic diseases sea air seems to possess but little remedial value, but in cases where the system needs toning more than anything else, sea air will sometimes appear to perform miracles in restoring the sick to health. Constitutional diseases, like rickets, often mend rapidly under its influence, while rheumatism is but little helped and frequently retarded.

QUESTION.—I am greatly disturbed at night with cramps in lower limbs and feet. I find that by sleeping under an extra cover of flannel it is lessened 99 per cent. This knowledge may help others, but why is it? Theodore Johnson, Little Rock, Ark.

ANSWER.—Cramp is due to many causes, such as sedentary habits, concentrated food, acrid bile, etc., all of which tend to produce turgidity of the blood, consequently the muscles do not get sufficiently nourished. Warmth, favors and promotes greater liquefaction of the blood, hence the relief from the warmth. Heat is the remedy always indicated in such affections, supplemented by vigorous friction to re-establish circulation. But the cramping diathesis may be entirely evaded by frequent bathing, plain unconcentrated food and regular moderate exercise.

QUESTION.—Can you give me through your valuable paper a remedy for tired feet? It is not that I do a great amount of walking or standing, but frequently at night my feet are so tired and ache so badly I could almost cry with the pain. Amy Webster, Butler, Ind.

ANSWER.—Bathe them every night in warm water, in which a moderate amount of common salt has been dissolved, drying them thoroughly afterwards until all moisture has been removed and a comfortable glow sets in. This is an excellent preventive of chilblains and also of that swollen condition of the feet from which so many people suffer in winter.

QUESTION.—Will you please inform me through the columns of HEALTH, in the January number, if possible, what you think will be beneficial for my eyes? Ever since I was six years old, up to my present age (which is thirty), almost every time I take cold it goes straight to my eyes. It particularly affects the left eye. There is a tickling sensation that goes straight from the left nostril into the left eye, and which makes the

eye so weak that it is only with the greatest effort that I can open it. At the age of eighteen I underwent three examinations by an oculist. He said that there was inflammation under the lids and imperfect vision, besides nervous contraction of the eyes. He said there was no help for me, and that some day I might be blind. I used to be subject to colds every other week, at least I and my folks thought they were; but the doctor said not, it was trouble with my heart instead. I don't have the wheezing and rapid breathing now. Respectfully yours, Mrs. F. H. Kaull, 31 Everett St., Newport, R. I.

ANSWER.—From your description of your case, we are led to infer that the trouble is constitutional. There seems to be a condition present, akin to hay fever, and from your statement, "that you do not have the wheezing and rapid breathing now," we infer that you formerly had these symptoms, which would clearly indicate an affection of the lungs. The trouble is evidently not in the eyes, but

in the respiratory tract. The opinion of the oculist consists simply of the enumeration of the symptoms that he found, as inflammation of the lids and imperfect vision are simply conditions, and do not even suggest the cause of the trouble. The treatment we would advise is mainly constitutional. Keep the body perfectly clean, both inside and out, by external and internal bathing. Let your diet be light but nutritious, and partake freely of milk. Indulge in light exercise for ten minutes every morning and evening, and practise deep breathing assiduously. Dip the face in a bowl of clean, cold water every morning with the eyes open, and close the eyes several times while immersed. Bathe the throat and chest every morning with strong salt, cold water, to strengthen and harden the tissues, and snuff moderately salt water, either tepid or cold, up through the nostrils, night and morning. We are confident that this course of treatment will be of great benefit to you.

The precious pearl is produced, at least in many cases, by the presence of a minute parasite in the shell-secreting mantle of the pearl-oyster and other mollusks from which pearls are obtained. A spherical sac forms around the parasite, which becomes a nucleus about which the substance of the gem is gradually built up in concentric layers. Sometimes the parasite remains at the centre of the pearl, and sometimes it migrates from the sac because it has become hopelessly imprisoned. Reasoning upon these facts, Dr. H. Lyster Jameson, to whose efforts the discovery of some of them is due, suggests the possibility of artificial production of marketable pearls by infect-

ing beds of pearl oysters with the particular species of parasites that are known to attack such mollusks with the effects above described.

Smallpox threatened Pierce, Nebraska. An order was issued that all pupils must be vaccinated or leave school. Merie Drebert was the son of John Drebert, a farmer living just a mile out of town, and he attended Pierce schools, and was vaccinated in accordance with the order. Infection followed, and two weeks ago, despite all that could be done, lockjaw set in and ended the boy's life Thursday evening.—*Lincoln (Neb.) News.—Pacific Health Journal.*



Now that the battle and turmoil of the holidays is over, the unthinking portion of the community who may have been led to indulge "not wisely, but too well" during the festive season will begin to realize that there is a debit side to Nature's ledger, and that when the inexorable dame presents her account, there is no evasion of the claim. It is to such as these that we would present the claim of our magazine. It will teach them how to expedite their recovery from the ill results of excess. It will teach them how to so strengthen and build up the system that trifling departures from the strictly hygienic mode of life (although always reprehensible) will not entail too disastrous a penalty. To the strict disciples of Hygeia we need offer no such inducement. It is sufficient to inform them that HEALTH, as its name implies, points the way to the attainment and preservation of that inestimable blessing—from which it takes its name—and without which the possession of all other earthly advantages is as unsatisfactory as Dead Sea Fruit, pleasing to the eye but aches to the core. That we are not making extravagant claims for our publication can be demonstrated by the hundreds of letters, of which we herewith append a few. We will let them speak for us:

I have found your publication both helpful and interesting, and have loaned the various

copies, where they have been much enjoyed. I need scarcely add that I am glad to have had the enjoyment of them myself. Yours, Miss S. G. Williams, 36 Jeff St., Hartford, Conn.

YOUR HEALTH is excellent. I wish mine was as perfect. Arthur Uredale, Toronto, Canada.

I need not tell you I not only get lots of good out of *HEALTH* myself, but after reading it I feel in duty bound to send it far and wide, for some one else to do the same. If every one would heed its words, there would be no illness. Every one is talking of my youth and health at 67 years of age, when I have suffered so many years with rheumatism. You may be interested to know that *HEALTH* and Dr. Tyrrell's treatment by the internal bath have made me what I am in less than one year. Truly yours, E. M. Horton, 482 Mass Avenue, Boston, Mass

I have read a number of publications on Health topics, but *HEALTH* is by far the best and most practical. All the members of my family are in love with it, and read it more than any magazine I ever had in my home, and I am anxious to obtain all the back numbers and have them bound. I think I can get all the physicians here to subscribe for it. Hoping you may have wonderful success in your laudable enterprise, yours, Daniel LeCault, Little Rock, Ark.

Enclosed please find my renewal to *HEALTH*. I like it very much, but did not know how much until I failed to receive the October number. Hereafter I will take care not to deprive myself of this pleasure. Yours very truly, R. R. Poor, Leechburg, Pa.

I have been and am exceedingly well pleased with *HEALTH*, and am advising my friends to subscribe for it and to study diligently the many excellent articles in each number. With best wishes for the success of your magazine, I am, respectfully, M. T. Whitney, Chitwood, Oregon.

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cleans the teeth, heals and hardens
the gums, sweetens the breath and
by destroying the harmful bacteria
of the mouth, really becomes

TOOTH INSURANCE

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DENTACURA CO., NEWARK, N. J., U. S. A.

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HYGIENE IN LAUGHTER



Dr. W., who has become a member of the choir of an uptown ritualistic church, now refers to himself as an Epaesculapian, and states that he is a specialist both in anthems and exanthems.—*N. Y. Med. Journal.*

The army officer looked with displeasure at the soiled sheet of paper that had been handed to him.

"That's a measly-looking document," he exclaimed.

"Yes, sir," said the subordinate, touching his hat. "It's the sick list."

"I hear you're dissatisfied with your doctor's bill."

"Yes. I don't think he's entitled to \$350 for that operation."

"Why not?"

"Because if he was, he'd claim more."

Hawkins—"I understand that the physicians held a consultation, but I see you are still alive."

Robbins—"Yes. I have since learned that the vote stood two for me and one against.—*Puck.*

Doctor—"To take the rest cure will cost you a hundred dollars a week."

Henpeck—"Why, doctor, I can send my wife away to the country for half that."

Poor Feebles (about to be operated on for appendicitis)—"Doctor, before you

begin, I wish you would send and have our pastor, Rev. Mr. Harps, come over."

Dr. Cutter—"Certainly, if you wish it, but why?"

"I'd like to be opened with prayer."

The Japanese do not know how to kiss. If a Japanese girl learns how to kiss, it shows the work of a foreign instructor. She does it as an accomplishment, not as an enjoyment.

"I can't cure you," said Dr. Fox, "unless you promise to do exactly what I tell you. Do you solemnly promise?" "I do," replied the patient. "All right, pay me that old account that has been standing so long."

The best way to stop the pain from a burn or scald when the skin has not been taken off is to break an egg over the wound.

"It's funny," said the sick man's wife, "but the doctor says he hasn't discovered yet what's the matter with you."

"Thank heavens!" exclaimed the sick man, "then I'm safe for a while yet."—*Philadelphia Press.*

He tried to cross a crowded street—
Must have been in a trance;
Chug, chug, the automobile came—
Clang, clang, the ambulance.

—*Buffalo Express.*

EDITORIAL DEPARTMENT

BY CHARLES A. TYRRELL, M.D., EDITOR.

Absolute cleanliness, both internal and external, is the golden key that unlocks the door of perfect health.

Vol. LV.

FEBRUARY, 1905.

No. 2.

A MODEL DEPARTMENT.

Considerable dissatisfaction is frequently expressed at the laxity displayed in the Government departments generally; but there is one department that is entitled to unstinted praise, although the public hardly appreciate the wonderful work that it is doing. We refer to the Department of Agriculture, which is incessantly laboring in behalf of the general welfare, yet receives scant acknowledgment of its services. Yet a glance at what it has accomplished will doubtless astonish those who have not given the matter consideration. There is scarcely an edible fruit or grain in the world that it is not acclimatizing and placing within the reach of the American people. It has revolutionized rice-growing until the United States now exports, instead of importing that important grain; it has given Sumatra tobacco to our tobacco growers; it has stimulated the production of American silk; it has discovered several new and valuable varieties of

clover, and is experimenting with new varieties of oranges that promise to resist the heaviest frosts. It is, above all, teaching the American farmers the invaluable secrets of scientific fertilization, and waging incessant war against every pest that menaces the crops. For years it has been engaged in giving substantial encouragement and assistance to thousands of people engaged in the production of new fruits and flowers. In fact, it has well earned the tribute paid to it by Prof. Hugo Munsterberg, of Harvard, who said, "There is no other government in the world which is engaged in such a many-sided scientific work." Whatever may be said of other branches of the public service, the Department of Agriculture is doing notable service for the welfare of the people, and is honestly entitled to national commendation.

THE ADULTERATION EVIL.

Our aversion to the use of drugs is well known; but we are free to admit

that the drug practitioner has every reason to complain when he finds that the result anticipated from the use of a certain drug is absent, sometimes, from the pernicious practice of substitution, but more frequently from adulteration. One of the most flagrant examples of these practices is to be found in the extent to which wood alcohol is used as a substitute for the orthodox article. Within the last sixty days there have been seventy samples of witch hazel purchased from as many wholesale and retail drug stores in seven different cities, all of which have been carefully analyzed, with the result that fifty-two showed the presence of wood alcohol or formaldehyde, or both. In other words, fifty-two samples were shown to contain a poison, and only eighteen were free from poisonous ingredients. This is a disgraceful condition of affairs, and calls for legislative interference, since the purchasing public, being unable to determine the purity of an article, are entirely at the mercy of the purveyor. The only safeguard at present for the buyer of extracts, essences, toilet waters, etc., is to deal only with reputable houses, and to purchase only such brands as have an established reputation. Apart from the immorality of the practice, it is a menace to the health of the community, and calls loudly for suppression.

THE INCREASING USE OF GLASSES.

Few people can have failed to notice the steadily increasing number of young people who have to depend upon artificial aids to vision. Most of us can remember when it was a rarity to see a child wearing glasses, but to-day it is

quite a common practice, especially among the well-to-do, the poorer class being compelled to dispense with them, although the need, in all probability, exists. The cause for this increase in defective vision is to be found in the altered conditions of life. The children of two or three generations ago lived on plainer food, spent more time in the open air, and above all, there was less social dissipation in those days. Then again, the houses were better ventilated, having fireplaces and being of ruder construction more fresh air found admission to the living apartments. There were no furnaces or steam heat, with their debilitating effects upon the system. The tension under which the child lives is also another potent factor in producing this distressing result. The demands of modern school life render study by artificial light more or less of a necessity, which is a severe tax upon the eyes, especially if the print is small. Moreover the books used in school work are sadly defective from the hygienic standpoint. They should be printed on a natural or tinted paper, which has a restful effect upon the eyes, instead of the glaring white variety that is universally used, and they should be printed in clear, bold type. Another important fact, which is too often neglected by teachers and parents, is the direction of the light. Reading should never be practised in a cross light, nor with the light directly in front, nor directly behind; but over the left shoulder, and this point cannot be too strongly emphasized, especially when studying. These may seem unimportant matters, but if observed their sum will have a marked effect in helping to counterbalance the other contributing causes.

WHY IS PNEUMONIA RIFE?

At the present time pneumonia is claiming its victims by thousands, and other thousands of otherwise intelligent people are ascribing it to a mysterious dispensation of Providence, or, in fact, to any cause other than their own criminal neglect of common sanitary precautions. Disease never comes by chance. Do not blame Providence. It is a mean evasion of your own responsibility in the matter. Why is pneumonia rife? Walk along the streets and examine the houses. See if you can detect an open window. Possibly some of them may have been open for a few minutes at some early period of the day, and those few minutes are supposed to admit a sufficient supply of fresh air for the day in a dwelling where the air should be changed three times in an hour. But no, people are so afraid of fresh air that they take every precaution to exclude it from their dwellings and breathe over and over again the foul exhalations from various bodies, cleanly and otherwise. Is it any wonder that systems become so debilitated by this poisoning process that they fall an easy prey to the pneumococcus? The baneful effects of this imbecile practice are still further enhanced by the almost universal gastronomic folly of excessive eating. In hot weather the system naturally rebels against an excess of rich and highly seasoned foods, but in winter the appetite naturally increases, and an excess of food is partaken of, difficult of digestion under any circumstances, which the enervated system, deprived of its necessary supply of oxygen, finds it impossible to dispose of, the result being fermentation and an increased poisoning of the blood—the very fountain of life.

When will the people at large learn prudence in the matter of health? Is it any wonder that pneumonia is exacting such a heavy toll while this criminal disregard of hygienic and sanitary law is so widespread?

IS OBESITY INCREASING?

There is no condition more deserving of sympathy than obesity, and although not generally suspected, there is no condition more dangerous to health. It leads to so many diseases that threaten life that it is surprising that it has attracted so little attention from the medical profession. The obese person is usually the subject of good-natured laughter; but it is by no means a laughing matter, and should be regarded as a disease, far more so, in fact, than many other ailments that receive serious attention. Obese people are seldom, if ever, long lived, and this fact in itself ought to indicate the importance of treatment. Yet the remedy is simplicity itself, and consists solely in a proper regulation of diet—not a starving process—but the rational regulation from the diet that fosters obesity to that which leads to health and muscular strength. It is true that more attention is being paid to this matter than formerly, but the initiative has not come from the regular medical profession, the supposed custodians of the public health, but from those dietetic reformers whom the world is pleased to dub cranks and faddists. Dietetics should form a part of the course in every medical college, but it is a subject seldom mentioned in these institutions, except to advise a milk diet in a fever case; and as few have sufficient independence to attempt anything outside the orthodox teachings, it is not sur-

prising that the medical profession has to follow, in this instance, instead of leading. One has only to look around at the gross forms on every hand to realize that obesity is on the increase, and in view of the proven fact that it is a menace to health—in sober fact—a condition of disease, its curtailment by dietary means is a matter of prime importance.

A COMMENDABLE CHARITY.

The fourth annual report of the New York State Hospital for the Cure of Crippled and Deformed Children has just been issued, and is in every respect a gratifying one: all of the twenty-five beds having been occupied, forty-two cases having been treated, seventeen of

them being new cases. Seventeen patients were discharged, either cured or greatly improved. The new site at West Haverstraw will soon be available, the Legislature of 1903 having appropriated \$50,000 for the purpose, and it is confidently hoped that within a few years a large, well-equipped, modern hospital will be erected, capable of caring for the large number that are now unable to secure treatment. Here is an opportunity for men of wealth and philanthropic bent to aid a deserving work! What more noble purpose could money serve than to help suffering children? Surely such assistance will receive the approval of Him who said, "Inasmuch as ye have done it unto the least of these, ye have done it unto me."

Those who are interested in the occurrence of various malformations and peculiarities in the sacral region will be attracted by the results of some observations of Frederic Starr among the Maya Indians in Mexico. It is well known that among the Japanese and other populations of the East, as well as the Esquimaux and certain of the Chinese of the northeastern part of China, a distinctly pigmented spot exists over the sacrum in all children. This disappears sometimes during the course of the first year and practically always before the child has reached the age of two years. It is understood to be the result of the closing in of tissues over the cleft that exists in this region in the embryo and whose perfect closure leads to the many anomalies that are known to occur over the sacrum. Mr. Starr said that it is a tradition that

every pure-blooded Maya Indian has a blue or purple spot upon his back in the sacral region. Observation among adults, however, failed to show its existence. An opportunity was presented to examine a number of children, and in the series of cases the spot was found in every subject of pure Maya blood. The spot was not found, curiously enough, among mestizos; that is, those of mixed blood. It is very evanescent among the Mayas, being very rarely found among individuals more than ten months of age. The spot is variable in size, shape, and position, but is always in the sacral region. In color it is blue or a bluish purple. The whole subject is interesting as showing some explanation of the many pigmentary and hirsute anomalies found among other races—*Medical News*.

CONTRIBUTED ARTICLES

THE EFFECT OF FEAR.

BY ANNA M. PENNOCK BIRD.

This is not a new subject, and it may not advance any new ideas, yet it will stand repeating, because its influence is so vital to every human being.

Many people have an intellectual concept of the subject, but few have a conscious realization of the injury done through fear.

We have been living in bondage to fear for ages; it surrounds one before he enters visible life; it meets him at the beginning of the journey and follows him through life and fills his last hours with terror if he has not conquered it.

We have known fear to run through an entire family, caused by the mothers fear of suffering, death, or shrinking from public comment, or living in a mixed dread of all. The mother carried a brave heart outwardly, but her inward consciousness was filled with fear, and when old age came, it was the dominant characteristic up to the last hours.

Under such existing conditions on the part of prospective mothers, fear is the strongest emotion built into the child during the prenatal life, and the future health of the child is disturbed through the poisonous effect upon the germ-cells.

It enters the world surrounded by the fear of this, that, and the other, the result of the thoughts of those in charge of the little bundle of impressionable life.

Then follows the governing of the

child, which is done a greater number of times through thoughts and expressions of fear than of love; the bugaboo man and similar threats; only a degree better, are the outbursts upon its ears to command obedience.

Very many times even its religious training is tainted with a fear of God, the great Life Giver, who dwells within and without us, and can be received as a God of love by all who wish.

During the school period, the child lives more or less in fear—a dread of imperfect lessons, examinations, non-promotions, teachers, etc.

When the business life is entered, the same emotion is kept active on part of both employer and employee—in fact, in all professions we find the emotion of fear active in man, until we ask what is this circulating mental contagion that saps and paralyzes man's life energy?

Some people ever live in dread of hereditary or contagious disease. No doubt a great variety of diseases are due to anxiety and fear; contagion we are sure is multiplied through the mental circulation of fear.

Nowadays the medicine man, who professes to cure disease, is continually tabulating and advertising some new variety of ailment, making the suggestion so strong that a nervous temperament and active imagination could almost create

a disease from the mental pictures ever before the eye in the newspapers; it is no wonder tuberculosis is on the increase, the way our attention is drawn to it. Instead of writing about disease, fill the papers with articles on healthy, hygienic ways of living, mentally and physically.

Within a recent period we witnessed an individual so affected through the fear of being alone at nights as to create a morbid condition, out of which certain hereditary tendencies were awakened into activity.

In the sick room, what do we meet but the patient who is in a negative condition and far more receptive to thought transference than at any other time, absorbing the thoughts of fear that stirs the physician, nurse and friends. To carry the illustrations further, we have the pious friends and minister, anxious to prepare the sick one for a happy landing on the other shore—interviews him as to his spiritual condition and willingness to pass on.

The other day at a club meeting, a friend who is far from being in good health, had not less than a dozen women say to her, "How miserable or badly you look." You could see and feel the effect of fear stirring within her, destroying hope and weakening her powers to resist disease.

When will this wonderfully enlightened and educated people use just a bit of simple common sense in regard to arousing that strong emotion which we call fear and circulating it throughout the thought world?

Many of us have experienced that subtle tyranny of some other mind or minds influencing us, yet we knew it not, until suddenly we wakened to the fact that we were acting out the desires of an-

other's thought. What is that but slavery, but bondage of the most effective character? Under such bondage we even fail to be honest with ourselves, fearing some other person's opinion.

The individuality of children is often dwarfed through the mental tyranny of parents, teachers and older brothers and sisters; not a few times employees and assistant teachers fail to do their best owing to the thought held over them by the boss or the principal. The thoughts of persons in an audience have prevented the speaker from doing his best work.

When will we learn that whatever troubles that put the mind in discord will in some way injure the body, and the repeating of this same emotion will become a permanent habit?

Fear, which seems so prevalent, cannot but be a universal and primary cause of many diseases. "That which I feared most came upon me."

Fear is the most destructive emotion of the mind; it obstructs the life energy, paralyzes the nerves and muscles, and poisons the blood; the body now in discord, disease is the result.

The new thought cults of various kinds are doing humanity a wealth of good through their effort to banish fear; and may the medical profession follow suit as rapidly as possible.

This emotion was not best for peoples in the past, according to the Bible; then why are we in this day and time not willing to let it die for want of exercise?

Since we have spent time considering the negative side of our subject, let us now try to find an antidote to these disastrous effects. What would be an antidote? To teach humanity more knowledge, higher knowledge, on the art of higher living. First, a thorough cleans-

ing of the thoughts, of the body, internally and externally, a mental sanitation from fear, which is a building of courage, as a shield against disease.

If the medical profession would build more courage in humanity by teaching the power of the mind over the body, that the body has constructive and destructive lives, amenable to the will, which will destroy the microbes of disease or build strong, healthy tissue.

Since every part of the body is composed of cells, and these contain a degree

of instinctive intelligence, which controls their action. If in the lower animal life this instinctive intelligence rebuilds injured parts, then we should give more attention to this subject and secure better control of our instinctive mind and cell life, thus restoring diseased organs, or preventing them from becoming diseased.

This very knowledge, if taught, gives man courage and power to overcome fear and to conquer and banish disease.

THE MEDICAL "FAKIR."

BY A JUSTICE SEEKER (S. A. B.).

A paper entitled "Medical Quacks, Their Methods and Dangers," was read before the Society of Jurisprudence by the honored counsel for the Medical Society of the County of New York.

In part the honorable gentleman said: "There are two big classes of quacks. First, those who have attended a medical school for a time and have failed in their examinations, or those who have practiced in other States and counties; second, those who have no medical education whatever.

"Those in the first class are the least harmful, but the latter cause so much harm that the community ought by some means to be able to drive them out of business."

Again he said: "The 'water cure' fakir is another quack whose titles range from 'nature cure' to 'balneotechnic.' These fakirs promise wonderful cures, but we cut short their wonderful work whenever we can. . . . They

are certainly criminals in every sense of the word, and while the gambler robs his victim of what he can again recover through industry and perseverance, and the political mountebank may lead the people astray for awhile, the victims of medical fakirs have no chance to recover their lost health."

Very good! The last portion of the paper, as stated above, is the best. What public benefactors (?) the County Medical Societies are! But will the honorable gentleman explain to us why there are twenty thousand medical "quacks" at work in the city of New York? And will he also explain to us why many of them are so successful in their treatments? If he cannot, then we will endeavor to answer for him: Is it not because medicines have proven to be a failure?

When anyone becomes ill he or she usually consults a "regular" licensed physician, and after he has been experimented upon with nearly all the drugs

in the Pharmacopoeia without any beneficial results he loses faith in doctors, and tries different methods of cure, as recommended by friends and acquaintances.

If physicians would not depend altogether upon drugs for curing their patients, the so-called "quack" would not exist. (Can the honorable counsel of the Medical Society contradict this statement?)

Have the members of the Society cured all the cases they have treated? How large a percentage of cures have they made? Why do two physicians of the same school contradict each other in treating the same disease? Why is it that when a sick person consults ten different physicians they will have ten different diseases and receive ten different prescriptions? Why do the best known physicians in the world prove that drugs cannot cure?

Why should protective medical laws be necessary? Of course, the honorable members of the Medical Society will say they are necessary to protect the public. But is this true? No! They have the laws passed to protect their pockets, nothing more. Medical laws would not be necessary if all physicians cured their patients.

Medicine is a false science, as proven by there being about a hundred drugs

for each single ailment, and each ailment is diagnosed differently by different physicians. Why should this be so?

There are more "quacks" among the registered physicians than there are uneducated charlatans. I define a "quack" as anyone—whether a regularly educated and licensed physician or not—who takes money from another one with the promise of alleviating and curing their ailments and fails to do so. Has the Medical Society ever prosecuted a fellow member for alleged fake practice as above?

If a person has been given up as incurable by many "regular" physicians and advised to get ready to die, why should the so-called "quack," from whom the dying person derives very beneficial but unscientific (?) treatment, be branded a criminal and be prosecuted? Is it a crime to succor a dying person? If it is, then it is also a crime to satisfy a starving person's hunger.

The only remedy for putting the so-called medical "fakir" out of practice is for the "regular" physician to depend more upon natural remedial agents than upon drugs. He would then cure a larger percentage of cases than at present, and the public having no occasion to consult him, the "quack" would be compelled to give up housekeeping because he would have no one to cure.

The Japanese government in Formosa has decreed the abolition of foot-binding in the island. A fine of \$100 will be imposed for every breach of the law, and Chinese girls under six years of age whose feet have been bound must now have them unbound. After that age the

feet are hopelessly deformed, but young children's feet return to their natural shape. Chinese mothers are making a great lamentation over the enactment, but in a few years the enforcing of the law will be acknowledged to have been wise.

NEXT TO HAIR, TEETH IN PRETTY WOMEN ARE IMPORTANT.

BY C. GILBERT PERCIVAL, M. D.

Next to the hair, one of the most attractive features of a pretty woman is a pretty mouth and teeth. True, it is not given to every woman to have a pretty mouth and even, white teeth, but this is no reason that she should not give them all the care and attention they require. Aside from all question of beauty, a woman's health and beauty depend largely upon the careful preservation of her teeth.

Many women lose their teeth when quite young, and the main reason for this is the use of tooth powders that act injuriously upon the enamel of the teeth or upon the gums.

Among the former are acids which give temporary brilliancy to the teeth, but at the cost of their integrity, for the acid acts upon the enamel precisely as a drop of nitric acid acts upon marble. Too much cannot be said against tooth powders containing hard, gritty substances such as oyster shells, which wear away the enamel by friction, or those containing strong styptic substances which have a tendency to dry the gums.

The teeth and mouth should be washed every morning on rising and after every meal, and before going to bed. Generally pure water should be used for this purpose, but when the breath is bad or the gums soft and pale, a few drops of some aromatic tincture should be added

to the water. Tooth powder should be used only once every two or three days, and then care should be taken to have it free from any injurious substances. In the intervening time, pure castile soap is sufficient for cleansing. The teeth should never under any circumstances be touched with a pin, or any other sharp instrument, as it is injurious to both teeth and gums. If one must use a toothpick, it should be made of quills. The best plan, however, is to use dental floss, which is very efficient in removing whatever is lodged between the teeth, and is not at all injurious. Very hot or very cold drinks or food, especially if one is immediately followed by the other, have a bad effect on the teeth, and women should be especially warned against the habit of biting the thread when sewing. When one is ill and taking medicine, it is especially necessary to keep the mouth scrupulously clean with some suitable antiseptic or aromatic wash, used at frequent intervals.

If one suffers from the toothache, and no decay of the tooth exists, it is often caused by exposure to draught, sitting on damp grass or a stone seat, and sometimes standing lightly clad in the neighborhood of water, or being out with the head uncovered after nightfall.

An ounce of prevention is undeniably better than a pound of cure in those cases,

but a cure may sometimes be effected by the use of toothache drops composed of:

Alcohol..... $\frac{1}{2}$ ounce
Camphor.....2 grains
Oil of cloves.....40 drops

An aromatic elixir for the mouth and teeth is the following:

Cloves150 grammes
Cinnamon 90 grammes
Aniseseed150 grammes
Guaiacum wood.....100 grammes
Peruvian bark..... 90 grammes
Catechu100 grammes
Pellitory of Spain.....100 grammes

Crush the substance and macerate for twelve days in three litres of alcohol; then strain, and add:

Essence of peppermint... 10 grammes
Essence of cinnamon.... 2 grammes

Mix thoroughly and add:

Alcoholate of horseradish..500 grammes

One of the most skillful dentists in this city gives these rules for the care of the teeth: Use a soft brush and water at temperature of mouth. Brush the teeth up and down in the morning before going to bed and after eating, whether three or six times a day. Use a good tooth powder twice a week, not oftener, except in cases of sickness, when the acids from a disordered stomach are apt to have an unwholesome effect upon the dentine. Avoid all tooth pastes and dentifrices that foam in the mouth; the lather is a sure sign that the soap injures the gums, without in any way cleansing the teeth.

The very best powder is of precipitated chalk; it is absolutely harmless and will clean the enamel without affecting the gums. Orris root or a little wintergreen added gives a pleasant flavor, but in no way improves the chalk. At least a quart

of tepid water should be used in rinsing the mouth. A teaspoonful of listerine in half a glass of water used as a wash and gargle after meals is excellent; it is good for sore or loose gums; it sweetens the mouth and is a valuable antiseptic, destroying promptly all odors emanating from diseased gums and teeth. Coarse, hard brushes and soapy dentifrices cause the gums to recede, leaving the dentine exposed. Use a quill pick if necessary after eating, but a piece of waxed floss is better. These rules are worth heeding.

Two drops of camphor on your toothbrush will give your mouth the freshest, cleanest feeling imaginable, will make your gums rosy and absolutely prevent anything like cold sores or affections of your tongue. The gums, by the way, are barometers of our condition. If they are clear, bright and red, we are in good health, while if our blood is thin and wanting in the mysterious red corpuscles that make us healthy, the gums will be pale pink, or if we are in a very bad way indeed, and much in need of a course of dialized iron, they will be almost white.

Tartar should not be allowed to stay upon the teeth, and dentists have implements for removing it. It should not be permitted to accumulate, as it causes the gums to recede, the teeth to loosen, and imparts an appearance of age to the mouth. Here is a formula of a preparation sometimes used for this purpose, but it must be applied only very seldom, and the mouth carefully rinsed immediately after, so that the acid will not injure the enamel: Pure muriatic acid, one ounce; water, one ounce; honey, two ounces. Mix thoroughly, wet a toothbrush with the mixture and rub the discolored teeth briskly. Rinse the mouth immediately.

It is a great mistake to think that no care is needed of the first teeth, for on the state of these teeth the child's health depends, not only at the present moment, but also in the future. Without sound teeth it is impossible to properly masticate the food, and failure to do this means indigestion and consequent weak health. Children should be taught very early to use a tooth-brush, and the mother and nurse should conduct a "tooth-brush

drill" every morning and evening, seeing that each child has the right brush, for the little people see no reason why they should always keep to the same.

A good dentist should be consulted frequently. The teeth may need filling and treatment at any time. Never use a pin, needle or wooden toothpick. Don't bite threads. Avoid candy and sweets if you wish to keep the first teeth from decaying.

THE TRANSFORMATION OF MISS LEGION.

A Modern Object Lesson.

BY WILLIAM S. BIRGE, M. D.,

She was heartsick and discouraged, weary of mind and body. She—who? A little woman with crimped, brown hair and clinging ways, but very dowdy and unkempt in appearance.

Her name is Miss Legion, and so we shall call her, for, no doubt, you know her and guess her heart history. Just the same as ever so many others, a summer flirtation, sweet and short—a dream which faded into the cold reality of winter. The man who admired her, danced with her, walked with her under the sun by day and the moon by night, was as far off as if she had never known him. And through it all she had behaved like a modest girl, which she was, and he, man-like, forgot her in a host of stylish and irresistible winter girls.

Thanksgiving Day came with its turkey and family reunion—no cause for thanksgiving with her, poor little Miss Legion, except a few sweet memories, of which no one could rob her. Christmas came, with all its greetings and presents;

no gift worth having for her. For, as you know, what matters the whole world without love, especially when one has tasted the sweets of life? And Love, the crafty fellow, had flown away from her like a summer butterfly, had shaken his wings and waved his arrows as he fled away, laughing. These are the tricks he liked to play, and he finds plenty of tall "six-footers," bearded and strong as lions, to do his bidding.

New Year's came; plenty of calls from others, but none from him, who was miles away amusing himself, as the woman—the world over—sits and thinks and wonders and weeps.

"To-day," said Miss Legion, examining the calendar, January 2. "To-day I turn over a new leaf. I am twenty-four; love is a serious thing, but I am going to forget it for work; crush it out, stamp it out, obliterate and crowd it out. I am going to be a new woman. That!" she snapped her fingers, "that for him!" I will conquer myself and rule the world.

I cannot bring him back by will-power (haven't I tried it?), but I can compel my brain and hands to change circumstances—and he can go to any one who wants him."

Miss Legion looked at her face in the glass, a strong light reflecting two grey eyes flashing blue fire and a faint color shining in her pale cheeks. Anger, genuine emotion of any kind, was becoming when controlled.

"Let me examine my stock in trade: Complexion, muddy and unpromising, but my skin elsewhere is white and fine; neck long, shoulders fair, but bony; figure slight; walk ungraceful, and hair good in color, but arranged in an old-fashioned and unbecoming way—easy to do up. Hands well formed, but nails stubby and pale; lips full, but not red enough; teeth fair and eyes large, but dull in expression; eyebrows irregular and lashes long, but not thick. Here we are, and no flattery. A very sad and haggard look over all; clothes good enough in material, but lacking individuality and style.

Miss Legion left no stone unturned to accomplish her end. The two faithful aids were at her right hand—Patience and Perseverance. These are the guides, the props of the long path which winds tortuously around the mountain on which Beauty sits enthroned, and Venus-wise, looks proudly down on the valley, where amorous swains and envious nymphs regard her with never-failing interest.

"I will be mistress of myself," said Miss Legion, with her chin perked up defiantly, and her mouth resolute, "and mistress of my own little world. Let me be advanced and obtain my rights; what is suffrage but for those who suffer? We are no longer in the dark ages, sci-

ence, art, nature—kindly as of old, but more clearly understood—these are ready to assist those who wish to renew themselves and their lease of life and love—for love is life, and until a woman loves she does not begin to live."

Miss Legion's home is in the city; she does not even have the advantage of the country air, but her two little feet learned to take her daily into the suburbs for a long, bracing walk. She used to lie in bed in the mornings, but she stopped that the first thing; she got up at 7, took a cold sponge, lasting ten minutes, including the vigorous dry rub. Then she exercised for fifteen minutes with light dumb-bells, every movement imaginable, which would develop latent curves. She first went through the neck movement; then the arms, throwing, fencing, sparring; then the hips and waist; then the knees and ankles. She read up about gymnastics in every available book in the library, and wrote out a course of training, selected for especial use; then she read several volumes on foods and their chemical properties and their effect in health and disease. She obtained these at the free library, thereby availing herself of an opportunity hitherto neglected. In fact, she was astonished to find how much she had missed; how many sources of pleasure and help she had ignored.

She found out just how much food she needed, of what kind and proportion; she soon knew that anything else was unnecessary and harmful, as it gave the digestive organs, already taxed too far, more work, and did not furnish the elements of blood, bone and muscle.

For without a sound constitution as foundation, which ought to be laid in childhood, or, rather, before birth, in ancestors strong and cleanly, it is im-

possible to have good health. A weakly constitution is something to be remedied, not resigned to as a visitation, or ignored as a disgrace, but bravely faced and conquered. All moral, mental and spiritual

health have their root in this animal health, and the sooner this fact is recognized the sooner will the material obstacles to success be pushed away.

(*To be continued.*)

FOOD THAT BUILDS THE BODY.

BY MABEL GIFFORD, D.L.S.

It is good to look at all sides of a question and then form your conclusions. After we have considered the arguments of those who advocate flesh-eating and see how modified their statements are, and how decidedly they lean in the direction of their vegetarian brothers, and how they have an inner conviction that the fruits of the earth are the ideal food, then we may turn to those who have studied and tested the fruit and vegetable diet and regale our minds with their satisfying testimony, and proceed to go and do likewise with no lingering doubts of its practicability.

Foremost among the advocates of a non-flesh diet stands the editor of *The Pathfinder*, E. W. Conable, and here are a few paragraphs taken from his magazine relative to the subject:

"If you want a nation whose heart beats in perpetual peace, but whose recognized power will ward off every approaching danger the world over; if you want a people whose ambitions and strifes in life will not find consummation in the trampling under foot of the less fortunate in the various walks leading to better conditions; if your desire is to build a race of people whose loftiest aspirations will be the up-lifting of the whole great body of struggling humanity, make the destruction of life of any kind,

for any purpose, a penal offence for twenty-five years, and at the end of that time it will become the common law of the land and will enforce itself. There will not be another war. There will not be the vaguest shadow of a desire for war. There will not be another murder. There will not be another theft. There will not be another assault upon the chastity of women. There will be no crimes; no need for criminal magistrates; no need for criminal lawyers or any other kind. The doctor will be a back number, for his business is only made possible by the meat consumers. In a quarter of a century the physical body and the body politic alike will have been so thoroughly cleansed that disease and crime will be unknown—will be, in fact, an impossibility.

"No one can steal who is not filled with meat. No one can murder whose body is not soaked with the essence of a murdered animal. No man can drink whiskey and become the victim of vampires whose body is not steeped with the poison of once animate life. No man can ravish his wife or that of his neighbor who is not the victim, voluntarily or hereditarily, of the infamous meat habit.

"Non-meat-eating destroys the desire to take the blood of your fellowman and that of every living thing. It destroys

the war spirit, but not courage. In fact, it builds up and stimulates courage in every human breast. It teaches men to recognize no such thing as fear in any form. It builds around him an aura of self-protection that no foe can invade. It quickens the intellect and strengthens the heart-strings of love and sympathy. And last and best of all, it makes *men*, not blood-thirsty tyrants, who gloat and revel over the writhings of the victims of their "skill" and "manly" qualities. But all growth must be voluntary if it would be effective. The mind must be educated in the right channels and the body brought into harmonious attunement with the thought forces before results will manifest themselves on the higher plane—on the plane of living growth and unfoldment."

The Herald of the Golden Age sends its voice across the ocean in not-to-be mistaken tones, and gives much information for all who are interested in the food question and health generally. It says: "The vegetable *stores* up energy, the animal *expends* energy. Vegetable albumen is *stored* food, while animal albumen is *used* food. Various wastes and poisonous products result from the manifestations of energy, whether by the locomotive or the animal. The ashes, cinders and smoke which result from the combustion in the locomotive are represented in the animal by poisonous gases and various substances which escape through the lungs, skin, kidneys, and other excretory organs. There are also animal cinders represented in the uric acid, a poison which produces rheumatism, calculi in various parts, hardening of the arteries, premature old age, apoplexy, and a variety of ailments. The flesh of a dead animal, no matter how healthy it

may have been, contains a great quantity of these poisons, the elimination of which ceases at death, although their formation continues for some time after death.

"From these facts it is apparent that it is impossible for one animal to subsist upon another animal without increasing the amount of waste matter in its own tissues. As these wastes accumulate, the vitality and life of the animal must be smothered just as the accumulation of ashes and smoke smothers a fire in a stove or furnace. The man who desires to have a clear head, a brain keenly alive to the subtle universe about him, alert to respond to every call made upon it by the bodily organs under its supervision, ready to receive impressions from the infinite source of universal thought, and capable of thinking the high thoughts of God after him, must live simply, abstemiously, naturally, and must avoid every inferior and harmful food."

Our Chicago vegetarian furnishes all the tests, experiments, facts, figures and statements of flesh and non-flesh diet that one could require. Below a table of comparative food values we read, "We have it clearly demonstrated by this analysis that not only do vegetable substances contain all the elements necessary to nutrition and to the production of force and heat, but they contain proportionately even more of these elements than are found in animal substances."

Nautilus, an energetic champion of non-flesh diet, tells us of Dr. Peebles, the noted author and traveler, who has recently completed an extensive tour of countries, old and new, at the age of eighty-two. "He rises at four o'clock every morning and works from twelve to fourteen hours a day. He has abstained from meat-eating for many years,

and says of himself: 'I eat no animal flesh, use no liquors, wines or tobacco, no coffee or tea. I have no aches or pains. I can bat a ball, run like a sixteen-year-old lad, swim like a fish and dance the Highland fling. At the progressive Lyceum picnic at Melbourne last year, five hundred witnesses on the ground, I ran a foot-race and took the prize.' "

The superiority of the strength-giving properties of vegetable foods, and the immunity of its adherents from the diseases so universal to meat-eating people, is so well-known in our day as to be beyond dispute. Also the abundance of testimony from those who have adopted a non-flesh diet, that their minds are clearer and they can do better mental work proves that it is as beneficial to the brain as the rest of the body. We have a striking illustration of the claims of advocates of non-flesh diet in the present war between Russia and Japan; the rice-eating Japs out-doing the big, flesh-eating Russians both in brain and brawn. Flesh diet makes big, cumbersome bodies and heavy brains, vegetable diet makes lithe, sinewy bodies, possessing almost incredible powers of endurance, and quick, keen, diplomatic minds. In many ways the Japanese are more civilized than any so-called "Christian" race. The man who finds that he can do more both with his body and mind, and rises to higher ideals of human existence, needs no further argument to convince him of the superiority of a non-flesh diet.

The New Thought Searchlight says, "It is claimed that certain criminals are executed by living on meat and wine alone; and that they rarely live thirty days. Contrasting this with the fact that many have lived thirty and forty days without eating anything, it is not a very

good argument in favor of meat-eating." The condition of the meat market has brought the fact before the astonished world that mankind does not perish when deprived of meat, but to its great bewilderment finds itself in better condition than it was previously, and this is a more convincing argument than shoals of facts and figures. We shall have no more pathetic stories of poor people perishing for lack of flesh to eat. When we read of a poor woman drawing her last breath because she has not had any meat for three days, we shall know it is pure fiction, or that she killed herself by her mental belief in the necessity of flesh food.

Mr. Pelletier, noted for his novel scheme for reaching the North Pole, was for many years a mail-carrier in Alaska. He found that when he did not eat meat he was not troubled by the cold. Other travelers have made the same discovery. Nicholas Tesla, the great electrician, found a vegetarian diet superior to meat diet, and became a vegetarian. Gen. Booth gave up flesh-eating at seventy, and found he could do an immense amount of work in the way of traveling about the country and lecturing. Just here is where these vegetarians make the fatal mistake; they take advantage of their abundance of vitality to burden the body and mind with almost incredible tasks; renouncing one kind of abuse they fall into another and presently break down.

To sum it all up, the difference between flesh food and non-flesh food is, that one devitalizes and the other vitalizes. Flesh eaters are all their lives disintegrating, breaking down their bodies, slowly filling them with dead substance. This work goes on until the channels of the body

are so choked up that circulation is no longer possible. Non-flesh eaters, on the contrary, are constantly building up the body and supplying to it health and strength.

We do not yet know all that vital food will do for the body. We shall know when we get rid of our beliefs in decay and death and live to live, instead

of living to die, as at the present time. Flesh food burdens and clogs the body and stimulates it; non-flesh food buoys up the body and vitalizes it. Who can estimate the possibilities of a human race that shall love mercy, seek purity and walk humbly—in a truth-seeking spirit—with their God?

Between India and Africa lies the hottest place in earth. The Aval Islands cover a fairly extensive area on the Persian Gulf, lying off the southwest coast of Persia, and it is the largest of them which enjoys the doubtful distinction of leading all perspiring competitors in the matter of heat. The mean temperature of Bahrein for the entire year is 99 degrees. July, August and September are unendurable, save for the natives. Night after night, as midnight comes, the thermometer shows 100. By 7 in the morn-

ing it is 107 or 108 degrees, and by 3 in the afternoon, 140. It is stated by veracious travelers that 75,000 Arabs inhabit the Aval group, fully 25,000 living in Bahrein. The following are the temperatures in some of the hottest places in different countries: Hyderabad, 105 degrees; Lahore, 107 degrees; El Paso, 113 degrees; Mosul, 117 degrees; Agra, 117 degrees; Death Valley, 122 degrees; Alberia, 127 degrees; Fort Yuma, 128 degrees; Jacobobad, 122 degrees; Bahrein, 140 degrees.—*Exchange*.

About this time of the year certain provinces of China are beautiful with the white, red and speckled white and red blossoms of a curious tree that is as valuable as it is strange. It is the t'ung-tsz-shu or wu tung, the oil tree. The oil tree furnishes an oil from its nuts, which, although it is not edible provides material for an immense variety of uses, from that of water-proofing to building forts. The nuts appear on the tree about a month after the flowers fall. They grow very much like figs, each fig or lobe containing

two kernels or nuts. These nuts are divided into three varieties for market purposes—the yellow, the drab and the white, the latter giving the greatest quantity of oil. The nuts are gathered in September or October and thrown in big heaps on the ground. Then grass is piled over them until they have rotted, after which it is easy to disengage the kernel from the husk. The kernels are ground in stone mills. After grinding, the product is steamed in wooden huts.—*The Journal*.

Xerxes' great army is stated by Herodotus to have comprised 1,700,000 infantry, besides cavalry, marines and camp-

followers. Other authorities put the total number of persons composing it at 5,283,220.



CONDUCTED BY HARRIET HEMIUP VAN CLEVE.

FEBRUARY.

The February sunshine steeps your
boughs
And tints the buds and swells the leaves
within. —Bryant.

"February makes a bridge and March
breaks it."

In Emerson's beautiful essay on "Domestic Life," he tells how "The care which covers the seed of the tree under tough husks and stony cases provides for the human plant the mother breast and the father house. The size of the nestler is comic, and its tiny, beseeching weakness is compensated perfectly by the happy, patronizing look of the mother, who is a sort of high, reposing Providence toward it. The small despot asks so little that all reason and all nature are on his side. His ignorance is more charming than all knowledge, and his little sins more bewitching than any virtue. His flesh is angel's flesh all alive. Fast—almost too fast for the wistful curiosity of the parents, studious of the witchcraft of curls and dimples and broken words—the little tottler grows to be a boy. He walks daily among wonders, fire light, darkness, the moon, the stars. The blooming rose is a new event; the garden full of flowers is Eden over again to the small Adam; the rain, the ice, the

snow, make epochs in his life. What art can paint or gild any object in after life with the glow which Nature gives to the first bawbles of childhood. The household is the home of the man, as well as of the child. The events that occur therein are more near and affecting to us than those which are sought in senates or academies."

"Give us wealth and then the home shall exist," many say. You ask too much. Few have wealth, but all must have a home. There never was a country in the world which could so easily exhibit this heroism as ours; never anywhere the State has made such efficient provisions for popular education, where intellectual entertainment is so within the reach of youthful ambition. The poor man's son is educated. There is many a humble house in every city, in every town, where talent and taste and sometimes genius dwells with poverty and labor. And yet, in the truest sense of the word, it is a real home.

Happy will that house be in which the relations are formed from character, after the highest and not after the lowest order. Then shall marriage be a covenant to secure to either party the sweetness and honor of being a calm, continuing, inevitable benefactor to the other. The

ornament Emerson again says of "a house is the friends who frequent it. There is no greater event in life than the appearance of new persons about our hearth, except it be the progress of the character that draws them. It has been finely added by Sandor to his definition of a great man. It is he who can draw together the most select company when it pleases him." Again he says: "I pray you, O excellent wife, not to cumber yourself and me to get a rich dinner for this man or this woman who has alighted at our gate, nor a bed chamber got ready at too great a cost. These things, if they are curios in, they can get for a dollar at any village. But let this stranger, if he will, in your looks, in your accent and behavior, read your heart and earnestness, your thought and will, which he cannot buy at any price in any village or city, and which he may well travel fifty miles, and dine sparingly and sleep hard, in order to behold. Certainly, let the board be spread and let the bed be dressed for the traveler; but let not the emphasis of hospitality lie in these things. Honor to the house where they are simple to the verge of hardship, so that the intellect is awake and reads the laws of the universe; the soul worships truth and love; honor and courtesy flow into all deeds."

I have given you only a few straggling thoughts from this beautiful essay, the reading of which will help you to live nearer the highest ideals of your soul, and help you to make your home a blessed sanctuary, realizing better what the end is to which the household is instituted and for what the roof tree stands.

When you drink your next cup of coffee, return thanks to Hodji Omar. It

was he who discovered the divine berry in 1285—619 years ago. He was dying of hunger in the wilderness when, finding some small, round berries, he tried eat them, but they were bitter. He tried roasting them, and then he finally steeped in water held in the hollow of his hand, and found the decoction as refreshing as if he had partaken of solid food. Who discovered chickory is not known, but he deserves obscurity.

The little cares that cark and fret

The French have called black butterflies—

Our foolish lids are oft tear-wet
From these wee cares that cark and fret,
Because their darksome wings are wet
To shut the dayshine from our eyes.

USEFUL HINTS.

Soak mildewed clothes in buttermilk and spread in the sun.

If sassafras bark is sprinkled among dried fruits it will keep out the worms.

The most delicate hued book-bindings, even white and pale shades, can be thoroughly cleaned with chamois skin dipped in powdered pumice stone.

Vinegar water cleans and brightens gilt frames. Use one-fourth vinegar to three-fourths water, and apply with a brush.

Copper can be successfully cleaned with powdered borax and soap. Wet a coarse cloth in hot water, soap it well, and sprinkle over it the powdered borax.

An old peach basket may be made into

a convenient receptacle for sweepings. It can be taken from room to room to empty into it the filled dustpan. The basket must be lined.

A solution of Epsom salts and vinegar applied with a brush will cloud a glass, for protective purposes, as in a bath-room, and a coating of white varnish put on immediately will render the frosted look permanent.

The task of keeping the many nickel fixtures in the modern home bright is no easy one. A cleaner which is easily prepared and very good is simply ammonia and whiting mixed together and applied with a cloth.

RECIPES.

BROWN RAISIN BREAD.

Sift together a cupful each of whole wheat flour, rye flour and Indian meal. With a part of the flour sift two and a half teaspoonfuls of soda and a teaspoonful of salt. Make a batter with three-quarters of a cupful of molasses, a cupful and three-quarters of water, a tablespoonful of melted butter and a half a cupful of seeded raisins. Beat the mixture thoroughly, turn it into buttered mould and steam for four hours, or bake one hour.

SALTED PEANUTS.

Shell and skin the raw nuts; allow to each cup of nuts a teaspoonful of salt and a tablespoonful of oil or melted butter; let them stand an hour, then put on tins and brown delicately in the oven. They should be prepared as needed, as if kept too long they grow rancid. All salted nuts are excellent digesters. Two

or three masticated carefully will often relieve indigestion.

CONCERNING WOMEN.

Miss Edith Patch, the State Entomologist of Maine, has made during the past season extended observations of districts infested by the brown-tail moth.

Mrs. Isabelle Nye has been employed as "welfare manager" for two years by the Siegel Cooper Company in New York with excellent results. Siegel & Cooper employ in their huge store between 3,000 and 4,000 persons, nearly all of them young women. Mrs. Nye makes it her business to know them all, to find them boarding places if they wish, and to visit them if they are ill. The firm has a vacation cottage at Long Branch, where each girl is a guest for a week every summer. Here Mrs. Nye is hostess and sees that young women are comfortable and entertained.

Mrs. Tessie Brodfoot, maid for many years in the home of Thomas Carlyle, died in Scotland the other day, aged seventy-one. She always denied the unhappiness of Carlyle's married life, and declared he was the easiest man in the world to serve.

Notice has been received from St. Louis that the jury of the Louisiana Purchase Exposition has awarded the grand prize to the Mary Lowell Stone Home Economic Exhibit for its excellence.

The aim of the exhibit is to show how science can be applied to daily living in order to raise the standard of health, to lessen drudgery and to secure

the greatest satisfaction for the time, money and effort expended in housekeeping. Hence practical illustrations are given of certain facts concerning house construction, furnishings, food, clothing and management in the household.

The Pope comes of a family of poor peasants, none of his sisters know how to read or write. They were lately asked for their autograph, when one of the sisters said in a tone of bitterness, "I thought all the world knew that we could not read or write." She promised to try and procure something much more precious, the autograph of her brother, the Pope.

Miss Eva Booth has been appointed commander of the Salvation Army in America to succeed Commander Booth Tucker. She has had charge for the last eight years of the Army's work in Canada.

Russia has only one school for every 2,300 inhabitants; Germany has one for every 700, England one for every 600, France one for every 500. Girls are the last to get into a school in these countries if they are at all crowded.

Mrs. Charles Netcher, widow of the late proprietor of the Boston Store, in Chicago, Ill., has been elected president and treasurer of the corporation, and will manage the great business.

Dr. Leora Johnson, Iowa City, has recently been appointed Anæsthetist to the university Hospital of the College of Medicine. She has a record of nearly 2,000 cases of anæsthesia without an accident.

The wife of Field Marshal Marquis Oyama, the commander of the conquering land forces of Japan, is a graduate of Vassar College in the Class of 1882. The Marchioness is described as a charming, intelligent woman.

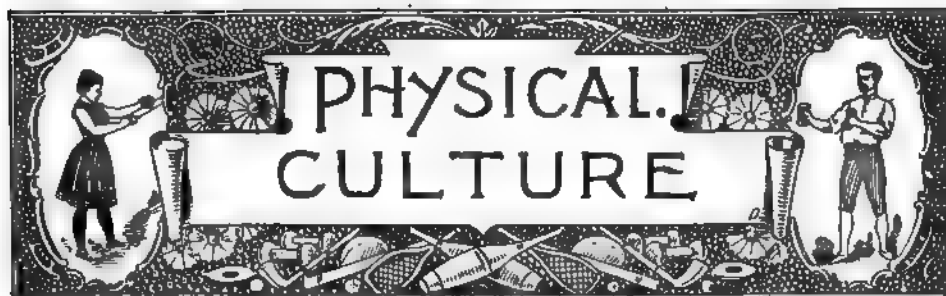
Rush Medical College, Medical Department of Chicago University, has fourteen women on its teaching force as assistants in clinical and college work.

Mrs. Julia Joy, of Soes, Maine, has just celebrated her 94th birthday by walking ten miles to church.

Dr. Sarah Drowne has just brought out a second edition of her work entitled "Clean Milk." It has been very favorably received by the medical and scientific press. It was selected by the American Library Association as one of the best books of the year, and also as one of the books for a model village library to be exhibited at the St. Louis Exposition. Its circulation in Europe and Australia as well as this country has been very notable.

The caterer for all the Emperor of Korea's banquets is a Miss Santoy, a Franco-German lady. She manages all the formal entertainments given by His Majesty to foreign guests. He said not long ago, "That he only wished his Treasury Department were as well managed as his kitchen."

Days change so many things, yes, hours!
We see so differently in sun and showers.
Mistaken words to-night
May be lamented by to-morrow's light;
Let us be patient, for we know
There's but a little way to go.



CONDUCTED BY PROF. ANTHONY BARKER.

EXERCISES FOR WOMEN.

Strong, Well-formed Forearms, Wrists and Hands.

The hand is a part generally neglected by women in their efforts to cultivate beauty. Much care is taken of the face, both as to complexion and in the way of massage and other treatments to produce plumpness and pleasing contour. The care of the hands, however, is usually carried only to the extent of the use of perfumed soaps. No attention is paid to nourishing and building up the tissues in the forearm, wrist and hand. The importance of trying to beautify the hands will be realized at once, for the hands are almost as much in evidence at all times as the face. A thin, scrawny, claw-like wrist and hand is often the fatal blemish to an otherwise beautiful woman.

The superstitious dread of getting "hard, coarse hands" has pretty generally disappeared. With the advent of the "athletic girl," ideals in these matters have changed greatly, and it has been seen, further, that the tennis-playing and rowing hand is much plumper, better formed and more pleasing to the eye than



EXERCISE I.



EXERCISE II.

the bony, white fingers of the woman who does not exercise.

The following exercises are selected with a view to their directness in strengthening and developing the hands and wrists, and because of their simplicity and easy accomplishment.

EXERCISE I.—Clasping the hands, as in the photo, squeeze them tightly together and bend the right hand backwards by superior pressure with the left; make it a contest between your two hands to see which can bend the other over. Let first one hand win and then the other. Repeat this till the muscles tire.

EXERCISE II.—Twisting a rolled-up newspaper, twist first inward, as in the

photo, as hard as you can, then outward, till the muscles tire.

EXERCISE III.—Twirling the cane. Grasp a cane or umbrella tightly by the middle and twirl it rapidly back and forth. With a light cane you should be able to move it so fast that you can hear it buzz in the air.

EXERCISE IV.—Gripping paper ball. Crumple up paper into a ball the size of your fist. Squeeze this with one hand at a time as hard as you can, opening and closing the hand upon it in regular rhythm.

EXERCISE V.—Tearing a folded newspaper. Start with one sheet, that is, two leaves or four pages of an ordinary news-



EXERCISE III.

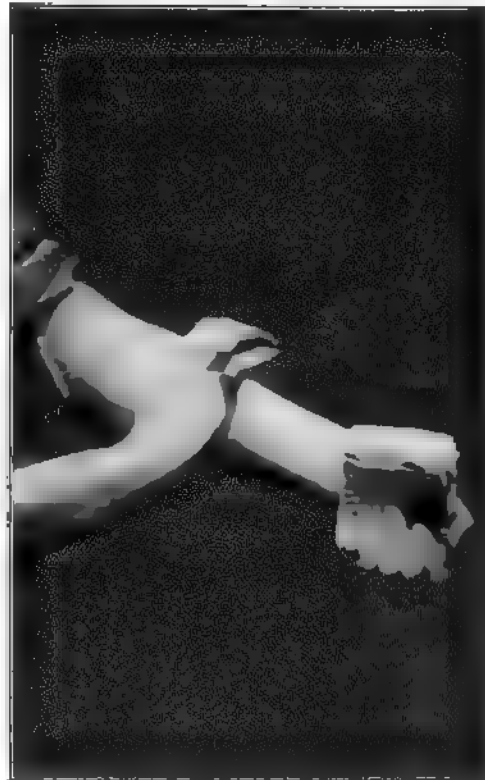


EXERCISE IV.

Fold it in half three times, then
 ee parts twice, and you will have a
 about the size of a pack of cards.
 this as shown in Photo Exercise
 st position, and tear it clean in two,
 Exercise V, second position.

e census of Paraguay shows that
 are seven women in that country
 e man. This conditon is due to the
 trous war which ended in 1870,
 five years' duration, killing off nine-
 twentieths of the male population.
 rally where men are in proportion
 e to seven they are at a higher pre-
 than elsewhere, and in Paraguay
 are figuratively kept in cotton wool
 eir admiring female relatives.

The *Chicago Chronicle* man admits that opponents of vaccination "have a right to their opinions," but "the people who believe in vaccination insist that their own children shall not be put in peril by the presence of unvaccinated children." If vaccination is a "positive protection" against smallpox, as the great ones are always affirming, wherein lies the peril from the presence of a clean-blooded child? But no matter how often this question is asked, the great ones never answer it. As a matter of fact a vaccinated person ought to be quarantined during the development and healing of his sore arm, for the simple reason that vaccine is nothing but the



EXERCISE V.—1st Position.



EXERCISE V.—2d Position.

germs of smallpox run through a calf.—*Hom. Envoy.*

Professor Rutherford, of McGill University, Montreal, in a lecture before the Royal Institution, has advanced the striking theory that the earth's heat is not attributable to a molten mass which has been slowly cooling for a million years, which has been the generally accepted theory, but to the presence of radium. Professor Rutherford's address was listened to by a distinguished audience, including Lord Kelvin, Lord Rayleigh, Professor Dewar, and other great scientists. Professor Rutherford was the first to measure the mass and velocity of the electrons of radium. He announced

the probability of radium being contained in all matter.—*Electrical World and Engineer.*

It may be said generally that there is no reason for asserting that a big man consumes or requires more food than a small one. Any person in good health, and in a healthy climate, doing a large amount of physical and mental work, requires more substance than one who, under the same conditions, passes a sedentary and inactive existence.—*Family Doctor.*

It is estimated that the nerves, with their branches and minute ramifications connecting with the brain exceed 10,000,000.

Peter Zebitch, a Servian athlete, can clasp his hands so tightly together that two horses pulling in opposite directions at the chains attached to his wrists cannot separate them. Many animals have been hitched to his wrists, but Zebitch's clasp has never been loosened.

M. Camille Flammarion's experiments with the two thermometers, one of ordinary glass and the other painted black, are decidedly instructive for the hot weather. The mercury in the black one rose 13 degrees above that in the other. It would seem, therefore, that people who wear black coats during a heat wave are really exposing themselves to its influence much more than those who dress in light-colored clothes. Happily, we have grown much more sensible over these things of late years, and convention does not, except in some unfortunate cases, compel men to face tropical weather in heat-provoking garments.

INSANITY.

BY G. H. CORSAN.

What should a layman have to say about the subject of insanity—a subject about which he is supposed to know nothing? At least the writer has not had a life-long experience as the manager of an insane asylum, and for this reason alone claims to know something about the disease. Others there are who have had, but their faculties of observation and description are dead, and they tell nothing to the outside world except now and then a feeble voice cries from within and tells us of the horrors of early folly, alcohol and opium. “Heredity” is all I can find out after reading miles and miles of literature upon the subject. Reader, did you ever read an English scientific work on disease? Did you ever read that crazy magazine, the *London Lancet*? I have, and for years. What the world wants to-day is not a marsh, but points, yes, points sticking out of the dry land. The dry land represents a fact and the marsh a wilderness of crazy, antiquated ideas, and such I say is the material handed out to the world by those fossils, the drug authorities. Some people there are who are impressed by the power of money, and if one of those pieces of half-dead flesh should charge you \$500 for advice they would argue that it must be more correct than that which you can get for nothing. Of them I say that there are graves already dug for them. But enough.

Have you ever observed the subject who has gradually become insane? Yes; then you noticed that they all had morbid appetites? Yes. Well, such is the luna-

tic's condition that the vital powers have a terrible struggle for mere existence that the subjects themselves almost or entirely lose their identity and evil spirits or demons reside where John or Mary should be. Read Matt. 4:24; Mark 16:17; Luke 4:41.

Now, speaking of the cause of insanity, that egregious fool, the average doctor, who is neither giving nor looking for knowledge, but for dollars, will say, “Mystery, mystery, heredity, worry, etc., etc.” You are then about as wise as if you asked a cow. Then ask another and he will say, “Typhus fever, syphilis, rheumatism, onanism, alcohol, opium, etc., etc.” Still no point, for only a crazy man would want alcohol or opium. And we know that the person who commits youthful indiscretions must be already insane. What we want to know and cannot find out in the books is, what is the original or remote or predisposing cause of insanity in general? How do these lesions and tumors develop in the brain? A man might be born insane, but birth cannot be the cause of his unbalanced mind.

THE CAUSE.

Wrong food. Wrong food causes constipation. Constipation causes stagnation. Stagnation of the circulation permits of the development of internal boils, abscesses; in other words, poisons are generated. Parts of the body go to decay, the circulation is sluggish and the fighting power of the blood, the leucocytes, the white blood corpuscle) is im-

peded and limited in its power. Then foreign life (germs) procure a lodgment in the dying tissues. But the vital forces will always put up a gallant fight for physical existence, and do the very best it can under the circumstances. The spirit of the subject thrusts upon the flesh material with which to build bone, brain, muscle, skin, hair, teeth, etc., etc., out of, such as half-decomposed barley juice, or the rotten juice of apples, grapes, wheat, etc., etc., or bread made out of starch or second-hand food that once did good service for a sheep or ox! The stomach of man is a great manufacturing concern, but it cannot make good, vigorous, human beings out of incompatible material any more than a carpenter could make a good, strong bridge out of half-rotten timber and second-hand iron. Perhaps you can remember the old, old story of long ago when man lived in their birthday clothes and trusted God to prepare their food. Then were they happy, but one day along came a serpent and told them that they were fools to trust God, and that they could prepare much more palatable food themselves, and he (the serpent) brought them back in the bush and showed them how to make moonshine whiskey. Then after the debauch which followed they got more confidence in themselves than ever, and got to having a high old carnival eating up what live stock they could lay their hands upon, and they gave up gardening and went to raising herds of sheep, swine, etc.; until to-day the human race has a strong superstition against eating anything that is not prepared by themselves first, and they even consider what God has prepared as food for man—the fruits and nuts—as poisonous or innutritious.

Now, this article must be short, so to the point. (1) God spoke to our parents, Adam and Eve, through the unperverted appetite. (2) Satan said, "Get over the first nasty impression and you will like it." Thus did death and destruction enter, for this is the power of the devil to destroy that which disobeys God. (3) The story of an apple figuring in the transaction is a myth. (4) If insanity threatens a subject, or the subject is already insane, then feed them on raw fruit only, for boils and abscesses cannot be formed out of blood made from fruit. More lunatics have died of meat-eating than bread-eating. (6) Man-prepared foods are blasphemy. (7) If the stall-fed horse is foundered, THEN put him out to grass; if a man has gone crazy, put him in the orchard and garden.

However, it would never do to leave this subject of insanity without warning the general public against the lunatics who are loose, prowling up and down the earth seeking whom they may devour. These are easy to find, as they devour the most helpless, those the least able to resist. Have you ever noticed how it is done? Wonderfully artful. First his Satanic Majesty has a woman working under his direction—Mrs. Grundy, I think her name is. She binds the young girls up with steel-ribbed corsets and thus destroys their ovaries, or, rather, causes them to become inflamed and undergo atrophy. But this atrophy does not suit his Majesty, so he gets his kindred spirits—the surgeons—whom he has filled with morbid desires of the most frightful description, to perform the operation of ovariectomy, which leaves the victim an ambitionless creature, only good for a servant girl.

Right here in this city of Toronto are

hundreds of poor, lifeless creatures who have come under the power of these lunatics with their knives. I see them every day dragging themselves along in their daily drudgery. I see them walking the streets, I meet them eye to eye, and the pitiable appeal that pours out from their faces is maddening. Women, why do you submit and place yourself under the power of men whose heart force is so feeble that they have to perform morbid operations on your sex in order to stir up their sluggish circulation? I say with perfect truth, that of the hundreds of cases that I have inquired into, without a single exception, they were one and all terribly sorry for it. Why, I know a whole family of girls, fine, big, splendid girls they were, too, who went under the

operation, and now they look like dish-rags. To the general public, let me tell you the thorough villainy of these surgeon specialists who have this "Jack-the-Ripper" craze and are protected by law and general ignorance in their butchery. These young girls are all informed that it is the only thing that will save their lives, and that after the operation they will always be well and will grow beautiful and fat. Whereas the truth is, they grow whiskers, mustaches, pendent abdomens, lumps of unsightly fat on their necks and other places where they do not want it, and their eyes lose that roguish twinkle that makes a woman interesting. Take my advice, girls, and women, too, and read O. S. Fowler on "Love and Creative Science."

THE VALUE OF KNOWLEDGE.

BY S. T. ERIEG.

Knowledge is necessary to the well-being and happiness of every individual, regardless of station in life. Ignorance is the source of all crime and vice; it is the prime cause of misery and discontent, and compares with wisdom as night to day. Solomon chose wisdom, and all other things were added to him. He chose the right thing, for in after years he said, "Wisdom is the principal thing; therefore get wisdom."

Knowledge, considered apart from the pleasure that accrues from it, is a most profitable thing; the man of learning has a great advantage over the ignorant man; knowledge always finds a better and easier way of doing a thing.

Ignorance will disappear at the ap-

proach of true Christianity, as snow before the noonday sun. Instruction is the sign of virtue, happiness and prosperity. As the mind is cultivated, vice and crime recede. Too much attention cannot be given to the instruction of youth, for the youth of to-day are the future power of the world. The better the instruction and training the better will be the nation. If the present generation could be taught the ways of peace, in another generation war and bloodshed would be greatly diminished; but they are taught and compelled to walk in the bloody footsteps of their elders. The traditions of the fathers are handed down to the sons, and there is a national sameness.

Intemperance is back of pauperism,

and if the sums that are spent for rum were given to education, there would be a vast stride in relieving pauperism and exterminating vice. Wisdom and virtue are the progeny of knowledge. "Take fast hold of instruction; let her not go; keep her, for she is thy life." "Human happiness is founded on wisdom and virtue."

While we, as a nation, are making good progress along educational lines, we are not doing what we should. It is nothing less than disgrace when a nation contributes more money to warfare than to free education. There is no excuse for being ignorant when educational advantages are so close at hand, with free libraries, good books so cheap, and the various magazines that are to be had so reasonably. Reading good books is an education that must not be overlooked; in no other way can so great an accumulation of knowledge be gained.

Books are like friends, they can either do us good or harm. "No matter how poor I am," wrote Channing, "no matter though the prosperous of my own town will not enter my obscure dwelling, if I have good books I shall not pine for the want of intellectual companionship, and I may become a cultivated man, though excluded from what is called the best society in the place where I live."

Beware of trashy literature, shun it as you would the pestilence. Publishers devote their attention too much to the namby-pamby novelette, and keep the press grinding out inferior literature. It certainly has not a wholesome aspect. It is significant of a great number of cheap readers. Those in the habit of reading inferior novels cannot content themselves reading a book containing good, sound common sense.

If the habit of reading is not cultivated while young, the chances are that it will never be cultivated. There would be more readers and less ignorance, disgrace and vice, had good books fallen into the hands of the young before so many "wild oats" were sown. The long period of youth is almost lost to the most of mankind. This important period of life was not intended to be wasted. Youth is the time for instruction; it is the time when the mind is most susceptible to impressions. I do not mean to intimate that instruction is confined alone to this period of life. There have been many brilliant men who have acquired their knowledge after more advanced years. But it is risky to neglect education in youth. The question arises, if you get off on the wrong track will you be able to get on the right one again? I have read editorials and articles written by men who laid claim to superior erudition, who advocated letting the child attain the age of ten or twelve before burdening their minds with instruction. But such men's conception of psychological principles is about as profound as a peacock's knowledge is of mathematics.

By knowledge I do not mean a knowledge simply of the sciences, art and philosophy, but a knowledge of those things which pertain to our God, our neighbors, and ourselves. To be good Christians, good citizens, to understand the things about us so that we will be enabled to live a happy, useful life.

There can be no prolonged liberty in the presence of ignorance. Were it not for mental culture, people would still be wearing the skins of animals and living in caves. Education lightens man's burdens. No matter what the occupation may be, there is always a better way to

the skilled mind. But with knowledge, do not neglect wisdom. There is a difference between knowledge and wisdom. Knowledge is learning the acquirement of things, but wisdom is the right use of

knowledge and things. A man may be learned, but be devoid of wisdom. The man with wisdom does the right thing at the right time.

A California physician, who discovered a new disease—love madness—has been experimenting with the person afflicted therewith and has produced the “love parasite,” or bacillus micrococcus. This he cultivated up to the twentieth generation, and with the parasite of that generation he inoculated a number of subjects. The inoculation was invariably successful, symptoms of the disease appearing a very short time after the operation. A bachelor, aged fifty, on the first day after the inoculation, had his whiskers dyed, ordered a new suit of clothes and a set of false teeth, bought a top buggy, a bottle of hair restorer, a diamond ring and a guitar, and began reading Byron’s poems. The inoculation produced symptoms of the same nature in a young lady

of forty-five. She spent five dollars at a drug store for cosmetics, bought a lot of new hair and a croquet set, sang “Empty is the Cradle,” sent out invitations for a party, and complained that the young men do not go into society. An inoculated youth of seventeen, employed in a country store, did up a gallon of molasses in a paper bag, and also, in a fit of absent-mindedness, put the cat in the butter-tub and threw some fresh butter out of the window. Finally he sat in a basket of eggs while looking at the photograph of a pretty girl, and was discharged for his carelessness. The doctor is still experimenting and will soon lay the result of his observations before medical world.

Speaking of quacks and pretenders, there is no class of people so deserving of censure as the traveling medical sharks, who travel from place to place and announce themselves as representatives of noted medical and surgical institutes, and invite the afflicted to meet them, and to avail themselves of their wonderful services. A little reflection

would convince the afflicted that such skill as they claim to possess would prevent their leaving their well-equipped (?) hospitals and institutes. The “press” is largely to blame for their success in duping so many, and yet there are newspapers that will not for any consideration admit one of their advertisements.—*Iowa Health Bulletin.*

The most curious motor car race ever organized was held in Paris. The competitors were taken to the top of the Eiffel Tower, and a distant church spire

was pointed out to them. Then they had to descend, get aboard their machines, and find their way through the maze of streets to the church.



QUESTION.—I observe that you answer questions in **HEALTH**, and wish you would kindly reply to the following: I am troubled with inflamed eyelids. Will you tell me the cause, also what I can do for them, or what remedy I should take? Yours respectfully, Estella Curtis, Seattle Seminary, Seattle, Wash.

ANSWER.—The cause of inflamed eyelids in the large majority of cases is eye strain, due to the constant effort of the muscles of accommodation to adapt themselves to varying conditions. It may also be caused by improperly adjusted glasses. In any case, your wisest plan would be to consult an oculist, let him examine the eyes and prescribe the required glasses, if needed, or, if you wear glasses, have him examine them to see if they are not responsible for the trouble. Keeping the system in good condition by hygienic living is an important factor, for constitutional weakness may be partly responsible.

QUESTION.—Will you kindly answer the following questions? 1. Is it injurious for a person who has stomach trouble, also constipation, to drink much water between meal times? 2. What diet would be suitable for such person, who is past middle age? 3. Do you consider castor oil, taken after meal times, for the purpose of aiding digestion, harmful? Wishing you success always, I remain, sincerely yours, Miss L. Casbon, Valparaiso, Ind.

ANSWER.—1. No. Where the digestion is poor it is unwise to take any liquid until half an hour after eating, but after the lapse of an hour, you may drink freely. The free drinking of water is a great aid in overcoming constipation, for few people drink enough. 2. For breakfast, a little raw fruit, apples preferred, followed by some good cereal, and if any liquid be taken let it be a glass of hot milk. For lunch, a little mutton or chicken, broiled, if possible, some green vegetable, such as spinach, and if potatoes are eaten, let them be roasted in the skins. Whole wheat bread, if possible, if not, white bread well toasted, a little stewed fruit, with a cup of weak tea or a glass of milk. For the evening meal, a little broiled steak, roasted potato, celery or lettuce, whole wheat bread, stewed fruit or boiled custard. 3. We have never heard of castor oil being employed in the manner and for the purpose mentioned, as it is a cathartic, and we should most strongly advise against its use in the manner mentioned. Olive oil, however, is an excellent food, and may be used with advantage by those with weak digestive powers. It should be taken about half an hour after meals, commencing with a teaspoonful and gradually increasing the amount.

QUESTION.—I am troubled with a seeming increased accumulation of mucus in the throat, necessitating an unusual amount of hawking and spitting.

Have very weak stomach, caused, possibly by the trouble in the throat. Am extremely nervous at times. Am thin and cannot gain in flesh, and for a long time my hearing has been gradually failing. There is a roaring, rushing sound in the ears; once in a while a fluttering sensation, the right ear being a little more deaf than the left. What are the causes, and can the above conditions be cured? Yours truly, J. H.

ANSWER.—Your case is evidently one of chronic, systemic catarrh, and the roaring sounds in the ears indicate that the disease has invaded the Eustachian tubes, and thus affected the inner ear. This is not at all an infrequent condition. The fact that the catarrh has extended to the stomach and bowels easily accounts for your nervousness and leanness, for in such a condition assimilation is seriously interfered with, and consequently the body is deprived of its needed nourishment. When the nerves do not receive their necessary nutrition they not only suffer in themselves, but react upon the various structures and organs that they supply. Our advice to you is, to thoroughly purify the body by washing out the bowels thoroughly with from three to four quarts of warm antiseptic water at least three times a week, gradually reducing the frequency. Eat only light nutritious foods, and practice deep breathing assiduously. Never sit or lie in a hot room, but keep where the temperature is cool. Practice the habit of snuffing moderately salt, tepid water up through the nostrils, night and morning, and gradually reduce the temperature of the water until you can use it perfectly cold. Bathe the throat and chest every morning with strong salt, cold water, which will strengthen and harden the tis-

ues and render them immune against climatic changes.

QUESTION.—Do you consider playing the cornet more than two hours a day injurious? Yours respectfully, George Batty, Pensacola, Fla.

ANSWER.—Without a full understanding of the physical condition of the player, it is impossible to answer this question definitely. If the lungs are in good, sound condition, we think not. The better plan would be to have an examination made by a competent physician, who could then determine the actual amount of exercise the lungs were capable of enduring. Levy, the great cornetist, used to practice not less than three hours every day, even when at the height of his fame, to enable him to retain his marvelous power of triple tonguing; but he had been playing for a lifetime. A trouble that the players of wind instruments are subject to is the condition known as emphysema—excessive dilatation of the air cells of the lungs. In any case, the amount of playing indulged in should be carefully graduated, increasing the time cautiously, but always stopping short of fatigue, and being careful never to empty the lungs too thoroughly.

QUESTION.—I have suffered from childhood from a peculiar affection of the eyes. There is no pain attending it, and there is nothing strange in the appearance of the eyes, except that they look a little weak, but there is no redness. The strange part of it is that I can see better in a dim light than in a bright one; for instance, my sight always seems to improve towards evening. I have consulted several doctors, but none of them have told me what the trouble

is, nor have they relieved me. I therefore ask you if you can tell me what is the matter, and whether anything can be done to benefit my sight? I shall watch for your reply with anxiety. Yours in expectation, Lucy Montieth, Akron, O.

ANSWER.—You are suffering from a somewhat unusual affection known as "nemeralopia," or day blindness. It is due to a peculiar sensitiveness of the

retina, and we should naturally expect to find you a very fair person, as it is a condition commonly manifested in Albinos. We regret to say that there is no remedy known to medical science at present for this particular form of trouble; at least, we have never heard of a case being successfully treated, but possibly some of our prominent oculists may be able to suggest a remedy.

BOOK REVIEWS.

MAZDAZNAN ENCYCLOPEDIA OF DIETETICS, AND HOME COOK BOOK. Cooked and Uncooked Foods: What to Eat and How to Eat It. Dr. O. Z. Hanish. Published by the Mazdaznan Publishing Co., Chicago, Ill. Paper, 75 cents. Oilcloth binding, \$1.00.

So many books have been written of late years on the subject of reformed dietetics that it is somewhat difficult to avoid repeating one's self in dealing with them, as each has more or less of merit. This book is no exception to the rule, although there are some recipes in it which we fail to approve, and which no food reformer should advocate. We refer to such dyspepsia-breeding preparations as chocolate layer cake and rich fruit puddings. Neither can we reconcile the advocacy of hot curries and condiments with scientific food reform, for any student of the subject should know that the excitation of the glands of the stomach by such stimulating substances is prejudicial to health. And while on this topic, we would point out an inconsistency in the book which surprised us. The author states that if mankind would abstain from meat, white

yeast bread and potatoes, ninety per cent. of disease would disappear; yet he furnishes recipes for their preparation. However, we have no desire to pick flaws in the book, for there is matter in it to commend, and to those who have abandoned the use of meat, and find it difficult to construct appetizing dishes with vegetable products only, it will point a way out of the difficulty.

HOW SHOULD WE BREATHE? A Physiological Study. By G. H. Patchen, B.S., M.D. Price, 25 cents. Published by the Improved Movement Cure Institute, 147 West 23d Street, New York.

This unpretentious little pamphlet treats in a very able manner a subject of vital importance. It is a hopeful sign to observe the widespread interest that is now being shown in the subject of deep breathing. It would seem that a natural process like breathing should present no difficulties to human beings; but it is well within the bounds of fact to state that not 25 per cent. of the human family breathe as Nature intended they should, shallow breathing being the

rule. The author points out that respiration has other functions than that of oxygenating the blood; that correct breathing, involving full and vigorous diaphragmatic action, is a powerful factor in promoting peristaltic action, in addition to its importance in promoting the venous circulation, and shows how, by imperfect fulfillment of this important function the foundation is laid for a whole train of disorders. It is an excellent pamphlet, full of sound and useful information, and should be widely circulated.

That energetic and enterprising man, Geo. H. Daniels, of the New York Central R. R., has gotten out another interesting number of his Four Track Series. The booklet in question is entitled "Two Days at Niagara Falls," and is in every way worthy of its predecessors in the series. It outlines an excellent programme by which those who can only devote two days to this masterpiece of Nature may so apportion their time as to embrace all the most striking features. There are some excellent descriptive contributions by Rose Evelyn, H. M. Albaugh, Helen Rathbun Parry, and Orrin E. Dunlap, while the illustrations are varied and excellent. It is a handsome, practical booklet, and invaluable to those

who propose visiting the Falls with only limited time at command.

APPLETON'S MEDICAL DICTIONARY. An Illustrated Dictionary of Medicine and Allied Subjects, in Which are Given the Derivation, Accentuation and Definition of Terms Used Throughout the Entire Field of Medical Science. Edited by Frank P. Foster, M.D. D. Appleton & Co. 1904. New York and London. Price, half leather, \$10.00; with thumb index, \$11.00.

This is, in reality, a condensed edition of Dr. Foster's Encyclopedia Medical Dictionary, which has long been a standard work in its line; but this work is thoroughly modernized and brought fully up to date. The author is a man of great mental gifts and profound scholarship, and consequently this work bears the impress of a master hand. The author is orthographically conservative, and has not allowed himself to be influenced by the various recent vagaries in spelling; but in all cases of disputed spelling he gives both forms. The definitions are easy to be understood, and the headings and sub-headings are unusually numerous. The illustrations are excellent, and the binding both substantial and attractive.

All American women must have been interested in the imprisonment of Mrs. Florence Maybrick for the supposed poisoning of her husband. After fifteen years of confinement in an English prison she has been released and is a free woman. She will soon return to her

native land, America. We sincerely trust that she and her friends may prove to the world, as they hope to do, her innocence, and that they will obtain restitution for the great wrong she has suffered.



It is the nature of man to be discontented. But this same discontent is the secret of all progress. If it had not been for discontent, the United States would still be a part of King Edward's dominion. It is discontent that is ever urging us onward. And we must plead guilty to the charge of being members of the army of discontented ones. But our discontent has a philanthropic aim. We want to spread the Gospel of Health far and wide, and it is because we think our publication is a good exponent of its doctrine that we do not feel quite satisfied with its growth. We want to see it in every home, for we are confident it cannot fail to do good wherever it goes. If we had the wealth of a Rockefeller, we would send it free to every inhabitant of this broad land; but truth compels us to say that our resources have limits.

But if you, dear readers, will co-operate with us, we can soon double, nay, treble, our present circulation. Just think what it would mean if each one of you were to induce a friend to subscribe! A little exertion on your part, to benefit your friend, and the thing is done. Read our premium offers in this issue and notice the value offered in exchange for your outlay! Will you not give this matter thoughtful consideration and lend a helping hand? In proof of the fact

that HEALTH is steadily growing in public favor, we refer with satisfaction to the following letters:

Enclosed, find \$1.25, for which please extend my subscription one year, beginning with January, and also mail me a new Lincoln fountain pen as premium. I am always delighted with HEALTH, and feel that I cannot do without it. It always contains something new and helpful, and sometimes things that are positively inspiring. Very truly yours, N. W. Hall, Green Springs Depot, Va.

We have taken HEALTH for a very long time, and appreciate it very highly. It is doing valuable work for humanity, and I cordially wish it all success. I consider it an excellent publication, and constantly recommend it to my friends. Yours, Mrs. T. W. Price, 87 Taylor St., Brooklyn, N. Y.

I am a traveling man, and always read your excellent magazine. C. H. Corsan's article this month is great; you are doing good work for the human family. It is pitiable to see the desperate struggle men are making to get money, for what? To enjoy ease and comfort. Why, all of them have more ease and comfort now than is good for them. They eat so much and do so little real work that at forty-five or fifty they are so fat and short-winded that they become the prey of every disease that may be floating around. The traveling men I meet think they are sick if they don't eat three square meals a day, with a little supper to top off with; and Heaven knows we do no work (I mean real work) except with our jaws. No, sir, since I have been reading your advanced and enlightened magazine, now some two years, I have cut out a vast amount of waste from my life, greatly to my advantage physically, financially and morally; two meals a day; up early; cold baths; exercise; no tobacco, whiskey, or other poisons. When I look around in these hotels and see the dull, faded, gross faces of the lazy people about me, I know that the race is doomed, unless men like you can stir them up. Yours truly, Edward Hayes, N. Y. City.

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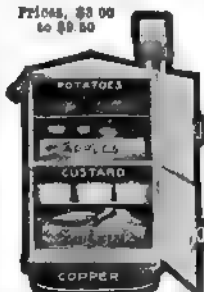
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HYGIENE IN LAUGHTER



The doctor got out his instruments, and the patient watched him interestedly.

"Doctor," said the injured man, finally, with a whimsical smile, "don't you think this is a case for absent treatment?"
—*Chicago Post.*

"I'd like that tooth, please," said the small boy after the dentist had extracted the small torment.

"Certainly, my little man, but why do you want it?" queried the dentist, handing it over.

"Well, sir," responded the gratified boy, "I'm going to take it home, and I'm going to put it on a plate, and I'm going to stuff it full of sugar, and then" (with a triumphant grin) "I'm going to watch it ache."

Philos—"Nothing was made in vain."

Inquis—"What was the vermiform appendix made for?"

Philos—"For the benefit of the surgeon."—*Detroit Free Press.*

Bedelia—"Phwat are yez doin', takin' the lock off the cupboard dure, Pat? Are yez crazy?"

Pat—"No, darlint; the docther told me to-day that I must quit boltin' me food—an' I'm goin' to obey instructions."—*Cincinnati Times-Star.*

Since cigarettes seem less provoking
Unto the ones who do the smoking,
Oh, won't some power please compel 'em
To smell themselves as others smell 'em?
—*Detroit Free Press.*

A specialist in throat troubles was called to treat a Boston lady, who manifested so much interest in his surgical instruments that he explained their uses to her. "This laryngoscope," said he, "is fitted with small mirrors and an electric light; the interior of your throat will be seen by me as clearly as the exterior; you would be surprised to know how far down we can see with an instrument of this kind." The operation over, the lady appeared somewhat agitated. "Poor girl," said her sister, who was present; "it must have been very painful." "Oh, no, not that," whispered the Boston lady; "but just as he fixed his instrument in place I remembered I had a hole in my stocking."

Offender (in the course of a lengthy explanation)—"So I ses to the Inspector as I were, as you might say, ill, an' demanded to be examined by Dr. Jones, an' the Inspector 'e ses as 'ow I must see Dr. Smith, the police doctor. 'No,' I ses, 'You may run me in, but you ain't goin' to make me change my medical adviser!'"—*London Punch.*

EDITORIAL DEPARTMENT

BY CHARLES A. TYRRELL, M.D., EDITOR.

Absolute cleanliness, both internal and external, is the golden key that unlocks the door of perfect health.

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WHAT IS HEALTH?

Health is generally considered to be that condition of the system when it is free from disease or physical pain; but that conception scarcely covers the case. We should define it as that condition of being in which all the parts and organs are sound and in proper condition, when every function of the body and every faculty work harmoniously. Health is the greatest blessing we are permitted to enjoy, a fact that is only fully appreciated when we have lost it. It is the very salt and savour of life; without it all else is stale, flat and unprofitable. Yet the acquirement and retention of health lies, practically, in our own hands, for each human being is endowed at birth with a certain amount of vitality, and its increase or diminution is within the discretion of the individual. It is like a sum of money deposited in a bank as capital. Even if not added to, it can be maintained at the original sum by refraining from making unwarranted drafts upon it. In health, as in business, if the expen-

diture exceeds the receipts, bankruptcy must follow. Sickness never yet came by chance, but is in every instance the result of a violation of natural law. Hence, the most important part of education is a thorough knowledge of the laws that govern our being, that we may avoid infractions of them, and the penalties which all such violations bring in their train just as surely as night follows day. Health is the natural condition of mankind, and Nature is always striving to maintain it, and will do so if not thwarted by human folly. It may safely be asserted that if our countrymen devoted half the energy to the acquirement of health that they do to the pursuit of the Almighty Dollar, the ever-increasing army of physicians would have to seek other occupations. And yet the acquisition of health requires no particularly exalted intelligence, or excessive expenditure of force to compass it. All that is required is simple, nutritious food, pure water, an abundance of fresh air, sufficient exercise to keep the muscles in proper condition, and the skin active,

and a fixed determination not to worry over trifles. But one maxim should be ever before the eyes of the seeker after health, be temperate in all things.

WHAT IS PURE WATER?

The general impression is, that if water is clear and bright that it is necessarily pure, but this is far from being the case. It is true that clear water is presumably purer than that in a turbid condition, but clear water may contain in solution highly objectionable substances, to say nothing of bacteria. The majority of people take it for granted that the problem is solved when they procure a filter; but this, although a step in the right direction, by no means insures pure water. No better example could be given of the inadequacy of filtration as a purifying process than the fact that salt water passed through the most perfect filter in existence remains salt water still. Many people, realizing that filtration does not purify, resort to the boiling process to destroy the living matter, a result that is accomplished, usually; but the dead carcasses still remain, which is not a pleasant reflection for the fastidious individual. In addition, the vegetable and other matter still remain, and although cooked, deleterious matter is not much improved by that process. Moreover, water so treated becomes more harmful if allowed to stand. How, then, you ask, can we obtain pure water? Our reply is that absolutely pure water can only be obtained by distillation, since no impurities can rise in vapor. This process is, of course, impracticable for the public in general, but those who desire an absolutely pure water can obtain efficient domestic stills at a very moderate

cost. Distilled water, however, needs aëration to render it palatable; but if exposed to the air for a few hours, with the opening of the vessel carefully protected with sterilized absorbent cotton, perfect aëration may be successfully accomplished.

THE VALUE OF FRUIT.

We have frequently had occasion to comment upon the apathetic attitude of the majority of people toward fruit; and even among those who have been aroused to a sense of its value a lamentable amount of ignorance is manifested as to its judicious use. Fruit has many uses of a valuable kind, although most people partake of it simply to please the palate. While it will not sustain life, unaided, for any great length of time, it fulfils a number of useful offices in the system, chief among which is that of supplying the organic salts, which are indispensable to perfect nutrition. Its use stimulates appetite and relieves thirst; but in addition, it supplies the system with water, and in its purest form. Quite a number of presumably intelligent people conclude a meal by toying with a little fruit, and wonder that it does not exert the beneficial effect claimed for it. They fail to understand that fruit, like other foods, is more likely to bring disaster than benefit if wrongly combined, and to expect a few mouthfuls of fruit at the close of a meal of several courses to counteract the injurious effects of what has gone before is expecting unreasonable service. To get the best results from fruit it should be eaten early in the morning, in fact, the breakfast should consist largely, if not wholly, of fruit, and will then be found

to have a most salutary effect upon the whole system. If the medicinal value of fruits was better understood, much trouble might be averted by using the appropriate kinds; for instance, figs, prunes and mulberries are excellent laxatives, while blackberries, raspberries, quinces and medlars are equally valuable astringents. Grapes and peaches render good service as diuretics, etc. Thus we see that the fruits furnished by Nature for the delectation of the palate may, by judicious use, be made to combine utility with pleasure.

THE MYSTERY OF THE SEA.

Scarcely has the excitement subsided that followed the announcement by Loeb, of what practically claimed to be spontaneous generation, but which certainly revealed remarkable instances of the fertilization of the eggs of marine creatures, before a theory equally startling and far-reaching in its possibilities is given to the world by M. Rene Quinton, of the College de France, in a book entitled "Sea Water as an Organic Medium." The theory propounded by the author goes beyond the statement made by Haeckel, that organic evolution began with marine creatures; by asserting that not only is the cell in the human body identical with that in the earliest marine types, but that the conditions surrounding it are an almost exact reproduction of those which existed in the remote past. In proof of this theory, he instances the fact that the cell in the human body is enveloped in a fluid which is the counterpart of sea water in point of chemical composition, and of a temperature almost identical with that of the ocean when life first appeared. Again, he cites

the fact that an animal may be bled, and the blood replaced with sea water, yet the white corpuscles of the blood will continue to live in the new medium. And still farther advances, as confirmation of his theory, the presence in the organisms of certain elements characteristic of sea water, the presence of which, in the body, cannot be accounted for by the composition of natural foods. His contention is that not only does the cell medium tend to maintain the same composition as sea water, but his great point is, "that the high temperature of the primitive sea has been preserved in the blood of animals, notwithstanding the gradual cooling of the globe." It is an attractive and at the same time a seductive theory, and will doubtless be widely discussed. The sea has always been the subject of deep speculative interest, and this attempt to invest it with such potentiality as the mother of all things will serve to deepen the mystery that has always surrounded it.

THE CURSE OF OVERWORK.

How many lives are embittered and cut short by this baneful practice—this endeavor to crowd into one day the work of two. We are called a nation of hustlers, and justly so. But it is not with energy or dispatch that we have any quarrel, it is with the insensate desire to complete this or that task to-day, no matter at what cost of physical or intellectual fatigue. It is well to have the tasks of each day completed before retiring, but see to it that the sum of these tasks is not in excess of the just capabilities of the individual. Think what constant overwork means! It means impaired service. It means imperilled success. It means exhausted vitality. But

above all, it means a spoiled life, so far as happiness is concerned. What sort of a companion is the overworked man to his wife and family? How can he fulfil his duties to them, or afford them the comfort and happiness which they have a right to expect from him? It is poor business policy to exhaust the energies by overdoing. People are prone to say that work never killed any one, a statement that we would heartily agree with if it were modified to read, constant work, well within the capacity of the worker, never injures. It is the over-tasking against which we protest—the disregard of both moral and physical law involved in it.

THE POST CHECK PLAN.

Those who have kept in touch with the history of this most laudable and necessary measure will remember that in February, 1903, a bill was introduced by Representative Gardner, of Michigan, by which any bank bill of \$5.00 or less could be instantly converted into a money order by simply affixing a two-cent stamp to it, cancelling it, and writing in the blank space provided for the purpose the name and post office of the party to whom it was made payable. Although the bill in question was favorably reported, and notwithstanding the fact that it has received the unqualified approval

of thousands of newspapers and periodicals, supplemented by the endorsement of the National Association of Postmasters, the bill still hangs fire. Objections have been made to the bill by the United States Treasurer on the ground that it would increase the work of his office. Possibly it will; but is not the United States Treasurer the servant of the Republic, and is it for him to interpose objections to the wishes of his employers—the people—when a valuable measure of relief is demanded by them? Bureaucracy must be obtaining a firm hold in the United States when department officials think the people should defer to their convenience. The Senate Committee on Postoffices had agreed upon a favorable report, but was restrained by the personal request of a Senator in the interest of an express company, a concern whose interest it is to see the bill defeated. Is it not time that the will of the people should make itself felt? Should not department officials and express companies be made to realize that they are an insignificant minority? It is in the power of the people to enforce their wishes in this matter by bringing pressure to bear upon their representatives, and we urge this course upon them. There are many reforms needed in the Postal Department, but this one is in train and should be pushed to a successful conclusion.

Great as were the numbers engaged in the recent battles in Manchuria, they are not equal to those who fought at Leipsic in 1813. The French had 180,000 men on the field, and lost 25,000. The allies had 310,000, and lost 45,000. At Sadowa the Austrians and Prussians totalled between them 420,000 soldiers,

and 32,000 were killed or wounded. At Sedan there were 180,000 Germans, and 120,000 Frenchmen, and the combined losses were 27,000. At Saint Privat, in 1870, 340,000 men were engaged, and again the losses of French and German were 27,000.—*Alliance News*.

CONTRIBUTED ARTICLES

THE PLAY OF IT.

BY HELEN CAMPBELL.

The literal reader will at once inquire, Why play, and what is play? and is referred also at once to perhaps the most comprehensive of several very excellent definitions, that of Ruskin:

“Play is an exertion of body and mind, made solely to please ourselves, and with no determined end.” The child at play, “training his muscles, getting up an appetite, or ridding himself of a fit of the blues,” is all unconscious that these ends are being accomplished. If he were it would be no longer play.

Exertion and real work may also be by no means synonyms. Witness the expenditure of the first by the guest, for instance, in a fashionable summer hotel, laboring acutely out of one costume into as many more as each different function implies, a frenzy of anxiety upon her lest she be outshone by some other woman; this and like causes ending in nervous prostration and other natural effects of living up to false standards. In such case neither play nor work is involved in any real or vital sense, but unceasing expending with infinite fruitlessness, of force that might have meant happy growth and a child's heart for the real play that is part of living. For here, as in other phases, this remains fact, that none know how to play save the rare few happily born, happily taught; so taught that the child passes almost

unconsciously from the play that has been large part of the real education, into that other play known as work—chosen work, happy work so dear to the doer that without it life would not be life.

For the child from football at school straight on to college athletics or the golf, which even a Rockefeller now finds is medicine for a mismanaged, unfriendly stomach, the element of hard work does not count. The boy to whom chores are an anguish, will stumble miles through swamps, up hill and down dale toward the best fishing ground, and the football game, with its enforced training for every muscle, demands a degree of exertion and of self-denial never shown to be applicable in carrying the pails of water to the family sink, in a land where no water is save in wells and pumps only. All that would make it next door to play—a deed done for love's sake—the simple, even in time unconscious, sharing of the household labor that unshared crushes the worker, is left out, the child scolded into submission, hating the task and shirking wherever possible; the woman more and more irritable, more and more overweighted by tasks necessary and unnecessary, each day a rush after the never-to-be-overtaken finish of the work that comes with each, till lost health, and often insanity arrives, which among the women patients of insane asy-

lums finds its largest percentage in farmers' wives.

It is this rush, this remorseless grind, that the child hates and revolts against—the boy because with more instinct for freedom, but the girl, also, fleeing from the unceasing petty, unrelated tasks to the less wearying, because systematized, life of factory or shop. One need not wonder when the day comes that another life joins her own, and the question of how and where the pair shall live comes up, that boarding, even at its cheapest, least inviting form, is chosen, rather than a house with the routine the child learned to dread and escaped from with all possible speed. Yet in much of this daily grind lay also the seed of play, each task glorified by the fact that it was for all, and done in the most perfect way, till it, too, held pleasure. But to simplify them, to drop the superfluous, to seek always to make leisure for some happier hour of real living; the book that, if read with the soul alive, would have lifted all into that enchanted land, in which all labor is play, since out of labor a great end is to be achieved—the game that quickens wits and makes the next day's problem easier—the talk that means a new tie between speaker and listener.

It is the atmosphere that surrounds the work, more than the work itself, that repels the child; the incessant urge and complaint, with no teaching of the law of mutual help, the high-pitched New England voice a sound of continuous reproof.

"If I thought I was ever going to be as hateful as my mother can be, I'd go and drown myself," a girl of fourteen said one day to a teacher whose gentleness had charmed her. "She can be polite when she likes, but she's never polite to me. She likes a good time, too, but she never lets us have one." More than one in that schoolroom could have told the same story. Monotony, cheerlessness, unlovingness, these all make part of the enforced tasks, and are all facts driving the child from home, this cause alone making a large part of the ceaseless flow from country to city. Well, for all that, the city in turn is finding out what the country may be made to mean, and adding the power to play to all these must-bes of daily life. But the tragedy remains of the innumerable men and women who are not willing to undergo the labor of learning how to play. The sculptor, the painter, the mechanic of any order, knows well the long labor that must be beforehand, and will work together, and every stroke means delight. For the common work of the common day, the mass knows only its weight and count labor a curse, nor can this alter till each mother has been taught to see in such fashion that she transfers the power to her child, and so by slow degrees brings about the doing of all work so perfectly, so smoothly, with such command of force, such saving of needless effort, that the results cannot be but delight, and the thing that must be done is done at last freely and with joy, because of "the play of it."

Lemons may be kept fresh by placing them upon a flat surface and turning a glass tumbler over each.

A healthy babe should cry three or four times a day, to give its lungs needed exercise. So asserts a medical authority.

SANCTITY OF PLEASURE.

BY AUSTIN BIERBOWER.

Men seek pleasure as the greatest good, and other goods are estimated in terms of this. We do not want anything that is not pleasurable, or that will not bring pleasure. The intellectual, the benevolent and the spiritual are all simple forms of pleasure, or lead to such, and they are estimated by the amount of it they will yield.

While of the many kinds of pleasure men call one higher, purer or more moral than another, there is no ground for such distinction. One is naturally as good as another—as “high” and every way as desirable. It is only a question of the proportion in which they can be taken to most advantage. While we have many members and many functions by which we can enjoy ourselves, and the pleasure of some lasts longer than of others, or may be had oftener, and while the pleasure of some is more intense than of others, there is a place for each, and all are about equally good if taken so as to supplement one another. That pleasure is always best which is needed at the time, and which has not yet been overdone, and none are good, even the most “spiritual,” if taken to excess or at the expense of others. The sin is not in taking any pleasure, but in letting it escape, and the problem is to get all the pleasures to greatest advantage.

Pleasures are but states of feeling. The lowest are these, and the highest are not more than these; and it is not clear that one state can be “higher” than another. All are simply a tickling of our

nerves, and whether the nerves be tickled by oysters or by music is not very material. The ear is no better than the mouth to take in enjoyment, and the stomach no worse than the heart. We can feel good in the region of the loins or of the neck, and there is no place for the moral in one more than in the other. There is no hierarchy of pleasure any more than in function or organ. We have no unclean parts any more than sacred parts. All of man is equally sacred, and the old depreciation of the “appetites and passions” in the interest of the “higher” functions is senseless. All of man is good, and only needs to be normally exercised. It is a question of too much or too little, not of this or that, a question of time for eating and singing, not a question of one or the other. There is as much sin in neglecting the “low” as in neglecting the “high,” in maltreating the stomach as in maltreating the “spirit.” Both must be used adequately, and each for its purpose; and for this neither may be used at the expense of the other. The asceticism which once suppressed “the appetites of passion” was as wrong as the epicureanism which developed them excessively. To get the most pleasure from them is as much a duty as to get the most from devotion; and when devotion interferes with eating it is as bad as when eating interferes with devotion. All of man is entitled to be used right—the palate, the stomach, the heart and the brain. One must chew, swallow, digest, aspire and

exult, and he may neglect or overdo one as well as another of these. The right use of all our powers is the problem of living, or the getting of most pleasure out of everything, so that one part or function shall not diminish the pleasure that may be derived from another, and yet shall yield most in itself. It is the question of getting the greatest enjoyment out of ourselves, which enjoyment ~~must~~, for that purpose, be for the longest time.

Our chief pleasure should always be found in those things which we *must* do, and which we must do often. They take up most of our time, and it is irrational to sacrifice this time to misery or to insensibility. Every man must eat, and eat three times a day, and for half an hour each time, making an hour and a half in the twenty-four. This is too much time to be wasted or to be lost to pleasure; so that our eating should be made specially enjoyable. The same is true of sleeping. We must sleep eight hours in twenty-four, and these eight—a third of life—should be made to count much in our feelings. So resting, which must take up much of our time, should be enjoyed, for which, of course, we must work until we are tired, just as we must fast until we are hungry and keep awake until we are sleepy, it being mainly a question of proportion in our functions. So we should learn to enjoy society, since we must be much with men, and to enjoy love, since we must be much with women, and to enjoy sky and stream and flowers, since we must have these often for companions. What we must do and see and feel we should turn into pleasure, so that our whole life may be put in a condition to enjoy, always observing the proportion needed to

get more enjoyment from the whole. Our senses, appetites, passions, thoughts, tastes, efforts, hopes and aspirations all should be pleasurable. We should go with pleasure, be driven by pleasure and seek pleasure as an end. Man should make delight by his very living, so that all his activity may be enjoyed, and even his cessation from it. One is unjust to himself who places his enjoyment in what can take but little of his time, or in what he can do without. The enjoyable should be wedded to the necessary, and we should take for pleasure such things as stay long with us. The ethics, philosophy or religion which would confine our pleasures to the exceptional, even though they be the "high" states of spirituality or contemplation, is not rational, since these can be enjoyed but seldom and but briefly. Neither is it moral. That is not very "high" nor very good which cannot be often enjoyed or much enjoyed; and what is valuable in the "high," can be obtained best by taking what is good in the "low." Much low good is better than a little high good; and if we take all we can get from the low, we shall more likely get all that is attainable of the "high."

But while we should appreciate all pleasures, and take the most that is consistent with the whole, and while we should not depreciate any kind as less "high" or less "sacred" than others, but esteem all to the extent of their being pleasures, we yet cannot indulge any without limit, or indulge one exclusively. Too much of one pleasure not only disqualifies for other pleasures, but spoils that one. All enjoyments have limits, and when we transcend these we get pain, either then or later. To take too

much of one kind of pleasure, when we might have more of another, or to take too much of one kind when less would be more enjoyed, is to defeat pleasure, which the pleasure-seeking class generally do. While we should take all we can get, we should see that it is all we can get, and not lessen our pleasure and capacity for pleasure by disproportionate indulgence. While some pleasures may be taken longer and oftener, as stated, others pall quickly, and if prolonged bring pain or disease. Men may have pleasure ruining themselves as well as exercising themselves. By taking too much they got too little as a whole. In order to have pleasure we must often forego pleasure, or change to another kind, which may be painful at first. We may exhaust a pleasure, when no reason remains for indulging it. It is as hard to use pleasure right as to use any other kind of good so as to get most from it. We may enjoy ourselves so as to ruin ourselves instead of benefitting ourselves, and pleasure should be so indulged as not to leave less pleasure or

less capacity for pleasure.

But the limits placed on pleasure should all be for preserving or increasing it. None should be placed on it because it is bad or excessive. No pleasure is excessive which does not deprive us of pleasure. We should restrain enjoyment only to enjoy more, or to help others enjoy. There should be no limit except in the interest of pleasure itself. Abstaining for the sake of virtue is irrational. Any "virtue" which requires the sacrifice of pleasure is a vice. No virtue has a right to interfere with pleasure, for no pleasure interferes with virtue except by defeating itself. The relation of pleasure to morals is all a question of getting most pleasure, in which we must include, however, all kinds of pleasure. Could one eat and drink all day without impairing his capacity to keep it up, it might be the best thing to do. But he cannot do this; it would soon tire him and make him quit it altogether. To keep it long he must do less; and the question is how to take all pleasures to the greatest extent, and to keep them pleasures.

THE TRANSFORMATION OF MISS LEGION. (*Concluded.*)

A Modern Object Lesson.

BY WILLIAM S. BIRGE, M. D.

Miss Legion began to find this truth very fascinating, for truth she sought for daily and hourly, however discouraged by seemingly fruitless efforts. She investigated the subject of baths and bathing, and at first went to extremes with the water cure, so enthusiastic was she and so anxious to secure a roseleaf skin at once, if possible. The whole

family ridiculed this perpetual running of water, and laughed at all her attempts to reform; but Miss Legion kept quiet about her hopes and failures, and soon adjusted moderately and regularly. She took a bath and rubbing each day; sometimes with hot water and scrubbing-brush at night—always with cold water in the morning. She tried salt water

and alcohol; also cologne-scented dips. Turkish baths she took about once a month, as often as she could afford.

How did she manage it? She put all the money she previously spent in car-fare and candy, flowers and *matinée* tickets into this scheme for health, and found it well invested. She did not buy even a bunch of violets; she put that money into perfumes for her bath, and said to herself, consolingly: "Never mind, I shall make some one buy me flowers next winter, when I shall be as sweet and fresh as a rose myself; I shall find some one to give me roses."

She was sure of her success every day of her training; she never wavered, though she made many mistakes, and progress was slow. She bought a pound of orris root and a quart of bran and a large box of almond meal. With two yards of cheese-cloth she made a dozen luxurious bags, each of which made a delightful bath. To be clean, healthy, strong and well-groomed is the secret of success, and just how much time, money and patience it takes you must discover for yourself.

One of the means used to purify and enrich the blood was long and deep breathing when out of doors. Drugs she left entirely alone; she pinned her faith to nature.

Her sleeping room and bed covers were well-sunned, and her underwear as fresh and as frequently renewed as her means allowed.

She aimed for perfect digestion and circulation, and gained wisdom in experience. She was very careful about her diet, in spite of a teasing brother, incredulous sister and parents anxious lest she should starve. She avoided the rich food of the family table, and con-

finer herself to fruits, green vegetables, fish, eggs, and meat once a day. She ate bran bread, onions, spinach and tomatoes in abundance—tomatoes are said to contain atropine, which brightens the eyes. She gave up hot biscuit, pies, cake, candy, pickles, salt fish and all spiced sauces. Ice cream she sometimes ate, but sparingly, during summer. She gave her face a good scrubbing in hot water with soap every night at bed-time; this was washed off with cold water, and the skin rubbed gently with pure, cold cream, which she made herself. She discovered that all cold creams (except a few expensive French ones) are made of lard or tallow, a cheap substitute for vegetable oils, and injurious to the skin, as they turn rancid.

At first, under the new regime, Miss Legion's complexion became less beautiful, it must be admitted, owing to the sudden stirring-up of the blood, caused by vigorous exercise and cold baths. Like the ladies of the court of the Georges, who feared to wash their faces because their bodies were neglected, Miss Legion's complexion became more muddy and broken out. Gradually, however, it began to clear, for she had always enjoyed good health, and had nothing to keep her from being beautiful, except lazy and luxurious ancestors.

Within six months she found a decided improvement — her skin was cleaner and her eyes brighter, and her whole body felt so invigorated that she acutally looked about eighteen. She had always been young in heart and wise in head, and had now the essentials of an attractive woman. She took up the study of dress, compared colors and forms, and educated her eye; lastly, she went regularly to a good hairdresser, who mas-

saged her scalp and taught her how to fix her hair becomingly.

The family, like the people of old, gave her "no honor in her own country;" but they at last began to hear a great deal of curious and admiring conversation about the change in the patient and hard-working little sister. It was a long, rough road to travel, every step uphill, but at the end of a year, she stood on the heights and blissfully enjoyed her new happiness—for, whatever the world may say, an attractive or unattractive appearance makes a wonderful difference to a sensitive person.

By that time she had gladly forgotten the faithless one whose behavior had

stimulated her to improve herself, and another, better in every way, had met her and appreciated her. And, strange to tell, the other met her one day when she was attended by her new lover, and, struck by surprise, and, perhaps, remorse, sought to renew old relations. Miss Legion, with happy, wide-open eyes, passed him by, looking up to the one whom she knew she could trust.

Her skin was now clear and fresh; her hair arranged to suit her face; her figure improved in grace and outlines, and her dress was in perfect taste. If you should meet her, she would tell you that success is worth every effort, however hard.

SOME FOOD FACTS.

BY A. P. REED, M. D.

The two principal uses of food are to furnish the body with the elements of growth, and with force for activity. A physical organism can never be absolutely motionless. This is the condition of inanimate objects. To animate an object is to endow it with life, and hence to place it in a changeable condition. These changes require the expenditure of force.

A man of only ordinary weight must obviously use considerable force simply to move his body about. All this and much more must come from the man's food, which is the fuel that runs the human machine.

There is a striking similarity between a man and an engine. In both, the main source of force is oxidation chiefly of carbon; in both, the energy of the car-

bon, freed from its carbonaceous environment by oxidation, is transformed into heat and motion, two elements closely related, for the generation of one presupposes the presence of the other and in certain proportions in a given case. The proportion of these two forces to each other in the case of a perfect engine is said to be one of motion to eight of heat; while in the case of man it is calculated to be as one to five, showing that, as concerns the performance of work through motion, the human machine is the most perfectly adapted.

To carry our simile a bit farther, after the combustion of carbon there is waste matter left—ashes of some sort. If either in the case of the man or the engine this waste is permitted to accumulate in the machine, it clogs the ma-

chinery, retards its movements, interfering greatly with the normal performance of its functions.

Two things concerning this process of which we have been speaking are definitely settled, viz.: That there can be *no loss of matter, no loss of energy or force, matter simply changing form*, while force is merely converted from one type to that of another.

Another fact comes strongly to light as we investigate this interesting subject, and that is, that no substance is a perfect or proper food unless *easy of assimilation and capable of complete combustion*.

The facts here given have been so elaborated that tables are now available for calculating the force value of rations for large bodies of men under differing conditions, as, for instance, in the case of soldiers; and while these are but approximations, yet they often serve an admirable purpose in making up diets. Man's food instincts, owing to errors in diet, are not so reliable as guides to what he should have as is the case in the lower animals, hence it is easier for man to err in diet through perversion of taste than for animals.

THE NEW DRUGLESS TREATMENT—VIBRA-MASSAGE.

Mechanically Applied.

BY HENRY TONJES.

A new era in therapeutics has been entered upon, and as yet comparatively few physicians fully comprehend the theory of vibratory and mechanical stimulation with application, or are cognizant of the startling beneficial results which almost invariably follow its proper application.

Mechanical vibration and stimulation is not simply massage. It is in no manner similar to Swedish movements. It embraces all its beneficial qualities, but is not subject to its limitations. Mechanical vibration has made developments far more rapid than any other known treatment. It is the outgrowth of "hand massage" which history tells us was used extensively even 1000 B. C.

Mechanical vibration is applied for stimulation of the nerve centres or nerves concerned in and controlling the diseased organs which are found principally in the spinal and sympathetic systems.

The physiological and therapeutical effects of vibratory stimulation are the energetic stimulation of the arterial and lymphatic vessels as well as dispersion of exudations, increased secretions of the mucous membranes and glands and a powerful influence on the nervous system. Its range of application is almost co-extensive with the needs of the ailing physical organism and is applicable to almost any form of disease, but is by no means a "cure all." In fact, the nervous system is so constructed that it can be affected only by vibrations; it responds to vibrations, and so long as it will receive and respond to them, the bodily organs remain healthy.

Whenever a nerve though fails to respond to its natural stimuli, then artificial stimulation must be applied, and this can be done by mechanical vibration. The results are increased blood

supply to a part, through the action of the vaso-dilator nerves, or the diminished supply through the action of the vaso-constrictor nerves.

In the one case, local nutrition, secretion, and excretion are improved, while in the other, local congestions or engorgements are relieved. Blood pressure is raised or lowered by vibratory stimulation, precisely as the organs or parts require it, in order to restore and maintain perfect equilibrium. It is the quality and activity of the circulation that keeps the functions of the body in right or wrong condition, and the nerves govern and control the circulation.

A treatment which stimulates to greater activity the neural conditions of the various viscera of the body, that equalizes blood pressure, stimulates secretion and excretion, and the glands concerned in elimination, that improves local

and general nutrition; that inhibits nerves and nerve centres, and so relieves pains, has indeed a wide range of application.

The various forms of nervous disorders, neurasthenia, melancholia, insomnia, hysteria, and ocular affections, are benefited by it. Functional disorders of digestive organs, liver, kidney, spleen and bowels are in most cases relieved after a few treatments. Chronic constipation yields quickly to vibratory treatment. In fact, there are numerous ailments which drugs have failed to reach and give any relief, but in most cases they respond to the vibratory treatment, and we have not the least doubt that the day is not far distant when this new treatment will be as popular and as general in its use as physical exercise and hand massage are to-day.

THE IRIS OF THE EYE AS AN INDICATOR OF HEALTH AND DISEASE.

BY OTTO CARQUE.

The background of the eye has been the subject of ardent investigation by the physicians since the invention of the ophthalmoscope; but none of the investigators conceived the idea that we could also diagnose by the often strikingly different and easily perceptible colors of the iris the pathological state of the whole organism. In a book entitled "The Diagnosis from the Eye," Dr. H. E. Lane has given the history and teachings of this new method of diagnosis, which will undoubtedly attract widespread attention in the public as well as in the scientific world.

The fundamental doctrine of this new

science maintains that *azure-blue is the normal color of the iris in all nations of the Caucasian race*. The more the body changes from its normal state of health, *i.e.*, the more blood, lymph and nerves are deteriorating, the more the iris of the eye is becoming brown or crossed by white and dark lines. Diseases of the different parts and organs of the body are indicated by certain changes of color in corresponding sections of the iris. The author explains his theory in the following manner: *The iris of the eye is made up of an infinite number of very fine, small nerve filaments, which receive impressions from every nerve centre and*

blood strenuous exercise may often be followed by affections of the heart. If a man frequently suffers from colds, it is a sign that his system is encumbered with impurities, and that his vitality is lowered, and this fact cannot be changed by the most perfectly developed muscles. In nearly all such cases it will be found upon closer examination that the development of the muscles is not harmonious, but one-sidedly restricted to the arms.

Every healthy man is strong, but not every athlete is healthy and enduring. Professional pugilists, for instance, who do not adopt a natural diet, hardly ever live to an old age, and their great strength soon gives way to premature debility; they generally lack endurance and resistance against outward influences, as changes of weather, etc. In such cases "the diagnosis from the eye" will be of great value, because it reveals the hidden defects of the body and often shows diseased organs where we should expect them the least.

In accordance with the natural method of healing, "the diagnosis from the eye" conceives the body as a unity. Diseases, in whatever form they may appear, are but the consequences of violations of the laws of nature. Man, as the highest organized being, possesses the greatest power of resistance against injurious influences, and for this very reason many a morbid process may be going on in his body without making itself immediately

perceptible. In spite, or, rather, because, of our much-praised civilization, the majority of men are hereditarily encumbered and their irrational modes of living increase the evil still more. The followers of systematic physical culture should draw the right conclusions from this case and adopt a natural, simple, and frugal diet and use cold water freely to invigorate and purify their body. "The Diagnosis from the Eye" is bound to give also in this direction much enlightenment and valuable suggestions. It will especially call the attention of the teachers to the fact that the blue-eyed pupils will make the best progress, and thus the iris of the eye will solve many a riddle for them.

The physical culturist will gain the intelligence that bodily exercise alone is not sufficient to acquire lasting health, and that the highest perfection can only be attained by studying and observing the laws of nature. We admit that in order to be at one's best, mentally as well as physically, the body must have regular and systematic exercise, and in no other way can an active brain be so easily stimulated. Body and mind are most closely interdependent, and one cannot be neglected without injuring the other. Physical exercise and hygienic living are indivisible requisites for the attainment of the highest ideals, and one is impotent without the other.

The latest cure for appendicitis as announced by cable from Berlin is for the patient to walk on all fours for twenty minutes four times a day. The theory on which this treatment is based is that certain muscles around the vermiform

appendix are brought into play and strengthened by this quadruple cure, which are unused when a biped walks erect. Others are relaxed and the localized inflammation has opportunity to subside.

HEALTH HABITS.

BY AUSTIN BIERBOWER.

Some people pass half their lives before they learn how to live. They first master the art of life after but little time is left to practice it. While the great matters should be attended to first, and made sure, there are some little ones which may change all one's life, or end it. These are matters of food, dress and demeanor, which are not themselves much if observed, but amount to a great deal if neglected. Some of them which we should get in the habit of doing regularly, without thought, are the following:

Brush your teeth after each meal, or at least every morning and evening, picking all food out of them and drawing a thread between them so as to keep them thoroughly clean. You will thus save many aches, fillings and whole teeth. Brush your hair well every day to stimulate the action of the scalp and distribute the oil over the hair by which it is nourished. This will usually prevent the hair from falling out and becoming prematurely gray.

Air your clothes frequently, hanging your underwear at night near an open window, and, if possible, where the sun will strike it in the morning and disinfect it.

Take a cold bath every morning. If a plunge or shower bath is not convenient, take a sponge bath; and rub yourself thoroughly, especially the feet and joints, to increase the action of the skin. Once a week take a hot bath; since cold bathing does not thoroughly cleanse the

body, but only stimulates it.

Live much in the open air and sleep with a window open at night. Take as much sleep as you can get without lying awake in bed. Take exercise equal to six hours' walking each day.

Learn what food is unwholesome and avoid it, especially what disagrees with you. The following articles are hard to digest: Fried things, hot bread, pastry, baked beans, pickles and condiments, all of which should be indulged sparingly, if at all; but don't be a crank and avoid them as if it were a matter of principle. Don't eat between meals and don't needlessly miss meals; although if you lack an appetite, the omission of a meal is a good way to get one.

Don't take medicine when fresh air, exercise or wholesome food will do the work. Regulate your temperature, and don't get too hot.

Keep in good humor; fretting is unwholesome. Learn to like things, instead of criticising them. Spend part of every day in company, talking freely with people, much of the time with your own sex, and always some with children.

Don't give up your good habits in these respects for slight reasons, or stick to them against strong reasons. They are matters of profit, not of principle except as it is a matter of principle to do everything right. Do as much as you can by habit, keeping your judgment for exceptional cases. One who is always reconsidering his habits loses the advantage of them.



CONDUCTED BY HARRIET HEMIOP VAN CLEVE.

MARCH.

The stormy March is come at last,
With wind and cloud and changing
skies.

I hear the rushing of the blast
That through the snowy valley flies.
Ah, passing few are they who speak,
Wild, stormy month, in praise of thee!
Yet though thy winds are loud and bleak.
Thou art a welcome month to me;
For thou, to northern lands, again
The glad and glorious sun doth bring.
And thou hast joined the gentle train,
And wear'st the gentle name of Spring.

—Bryant.

She is just a homely scrub-woman, working patiently six days out of every week, to keep clean the marble staircase and halls of our hotel. We have passed her a hundred times, without ever realizing that the woman with bent back and careworn face was in reality building seven strong pillars for her country and for God. She is the mother of seven children, widowed before any of her family was self-supporting. All the burden of caring for them has fallen upon her shoulders. When I inquired about her children, a look of pride came into her face as she replied, "All healthy and well, and all going to school," learning

so fast she could not keep up with them. One Saturday she brought them to see me. Round, rosy-faced lads and lasses. They were neat and clean. "When do you make all their clothes and find time to mend them?" I asked. "In the evening, after my work is done." And then the thought came to me, that position and place and power do not make persons great. Here is an unknown woman whose hands are horny with hard labor, whose eyes are many times heavy for the sleep she denies herself that her children may appear respectable. She never complains, nor does any one know of the close economies, of the self-abnegation, of the sacrifices, she is making for love's sake. She asks no recognition of the world, she expects none. Her path of duty lies straight before her, and she walks faithfully in the place appointed her. Her children are all honest, bright and intelligent, so their teachers say. They are already rising up in these later years to call her blessed. This is only a little chapter from the simple annals of the poor. Men and women struggle to be known. No one sees anything great in this poor scrub-woman's career. The words are forgotten which were spoken 1,900 years ago: "He that would be greatest among you, let him become a servant."

"Let us love so well
Our work shall still be
Sweeter for our love,
And still our love be sweeter for our
work."

—*Elizabeth Barrett Browning.*

"Do your work and you shall reinforce yourself," is the wisdom of Emerson. This means that we must learn patience, be faithful and obedient to the law of our everyday life. Tact, judgment, discretion, and wisdom are qualities needed to help us in our work. Overcoming the perplexities, small though they may be, will help us to conquer greater things with calmness and courage.

When there is so much to be gained through the practice of courtesy and good manners, it seems strange that greater attention is not paid to training the young in this very necessary branch of education. Real courtesy and good breeding comes from a kind heart usually, and is natural and most pleasing when unconscious, because then it is not acquired. Children are apt to reflect their parents. Their everyday life at home is always apparent. If you desire your children to be thoughtful and considerate and polite, you, as parents, must be to them all these things, and to every person you come in contact with. We are all anxious that our children shall be admired and loved. The first requisite toward this end is obedience and good manners. Politeness in the home should be a matter of course, and equally a matter of course should be appreciation. How many shy and self-conscious children suffer and are at a serious disadvantage because they are too timid to do the thing they know is proper. Such chil-

dren should be encouraged and praised and given opportunities to express themselves. Be careful if a child has any defect in face, form or manners to never allude to it. I have known such children to suffer untold agonies, and be made awkward and ill at ease through their whole lives by the thoughtlessness of parents who did not really mean to be cruel or unkind. Children are very sensitive and only unfold into true and beautiful portions in an atmosphere of love and kindness. Only when they are taught self-control by obedience, kindness and politeness are they fitted to go forth armed for the conflict of life. I remember a little rhyme I learned when a child, and memory brings back the dear voice of my mother as she said it over and over to me, a gentle reproof for forgetting to be polite:

"Hearts, like doors, will ope with ease
To two very little keys,
And they are these:
I thank you, sir, and if you please."

In turn I taught it to my children.

Refined table manners are an almost unvariable accompaniment of good breeding. The mother's labor of love requires unceasing devotion and attention to the human flowers entrusted to her care.

USEFUL HINTS.

If you rub fresh lard on new tinware, and then thoroughly heat it before using, it will never rust afterward, no matter how much it is put into water.

Put a new toothbrush that sheds bristles into cold water and boil it for ten or fifteen minutes. It will prove a success against further annoyance.

The best way to take castor oil is to put it in the juice of an orange. The oil cannot then be tasted.

White furs can be beautifully cleaned by carefully rubbing dry plaster of paris into the fur with the hands until every part has been cleaned. Shake the fur until all the plaster, which is ground fine like flour, is shaken out. Wipe over the fur with a clean, white, dry cloth, and it will look like new.

A telephone, especially a public one, should always be wiped out before using. Cloths or napkins are sometimes kept with a telephone, with the inscription outlined upon them, "Wipe if you please," which impressed me as a very good idea.

The air may be kept fresh and slightly perfumed in a room by placing a jar in an inconspicuous place, put into it a block of ammonia and pour over it some ordinary cologne water.—*Good House-keeping.*

When a lamp flames up and smokes, it may be helped by using a taller chimney.

Put a small, uncorked bottle of kerosene inside the clock case. This will evaporate rapidly enough to keep the clock well oiled.

Pieces of old velveteen should be washed and used for polishing. They are an excellent substitute for chamois skin.

A small scrubbing-brush is unexcelled as a vegetable cleaner.

A piece of charcoal put in a vase of flowers will keep the water fresh and absorb every particle of odor.

English walnuts and potatoes make a savory spring salad. Cut each piece in small dice and then cover with any good salad dressing.

RECIPES.

"A jolly yeoman, marshall of the same, Whose name was *Appetite*, walked through the hall."—*Spencer.*

EGGS WITH GRAVY.

Pour a half pint of nice brown gravy, beef or veal, or a cream chicken gravy, into a buttered pie dish. Set in the oven till it boils, then take out and break into it as many eggs as will lie side by side. Sprinkle with seasoned breadcrumbs and place in the oven until the eggs are set. Take up with the skimmer, lay on small squares or rounds of toast and pour the gravy over all.

RICE SOUP.

Boil for one hour two quarts of water, in which have been sliced one onion, a bunch of celery tops. Remove the onions and celery and add half a cupful of well-washed rice. Boil steadily for three-quarters of an hour, when the rice should be well swollen and very soft. Just before serving, put two eggs and one cupful of cream into the tureen and beat thoroughly together; then pour over the boiling soup, continuing to beat all the time.

RICE GRIDDLE CAKES.

One cupful of boiled rice, that has been cooked until very soft, and stir into

it one cupful of sweet milk, half a teaspoonful of salt, a tablespoonful of melted butter or two of cream, and the yolks and whites of two eggs, beaten separately until stiff. Mix thoroughly, then add enough flour to hold the rice together in a thin batter and bake on a slightly greased hot griddle.

RICE WITH DATES.

Cook a cupful of rice in a double boiler with a pint of milk and a pint of water until soft. Sweeten to taste and flavor with vanilla. Stone enough dates to make a cupful and stew until tender with a half a cupful of sugar and one cupful of water. Set aside until cold; then turn out the rice in the centre of a dish and pour the dates around it.

SPONGE CAKE.

Beat the yolks of six eggs and a cupful of sugar with a wire egg-beater until very light and thick, then add flavoring of lemon or vanilla, if desired. Beat the whites of six eggs until stiff and dry and fold into the eggs and sugar lightly. Add last a cupful of flour, sprinkling and folding it in gently. Bake in a moderate oven.

CONCERNING WOMEN.

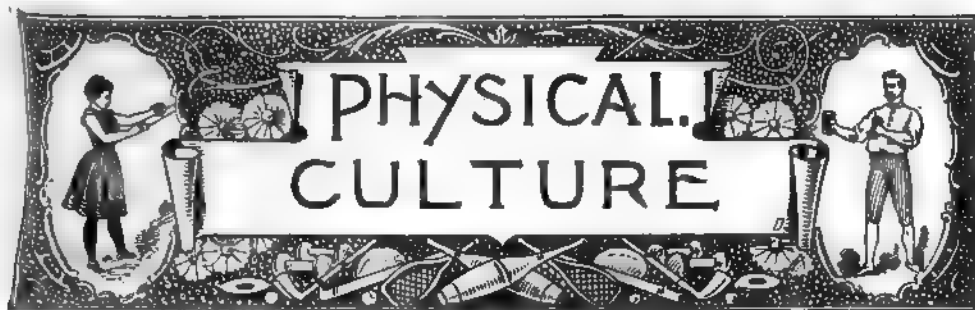
One of the most important of the many improvements recently introduced in new Japan is the extension of personal and property rights to women. Fifty years ago the Chinese doctrine of "The Three Obediences" was literally and strictly enforced. In childhood a female must be subject to her father, in youth to her husband, when her lord was dead, to her

sons. She had to prostrate herself and kiss the feet of every man in the family. The physical prostration fairly represented the psychological attitude. Prior to the introduction of Chinese civilization, the women of Japan seem to have occupied a higher place. Now a new code has come into effect, establishing the legal rights for women similar to those which are found in the most advanced countries of the western world. This change is largely due to American women. The legal rights of the Japanese women have been the direct outcome of the suffrage movement in this country. Let us hope that the freedom of women will spread to the downtrodden women of China, India, Russia and Turkey.

Miss Catherine Breshkoushaya, the returned Siberian exile, who has been receiving such ovations in Boston, New York and Philadelphia, has contributed to the *American* an article on "The Women and Children of Russia." Madame Breshkoushaya was the first woman ever condemned to the mines of Siberia as a political convict. The horrors of life in Siberia are told in a blood-curdling manner by one who suffered from its cruelties and tortures.

"The day returns and brings us the petty round of irritating concerns and duties. Help us to play the man, help us to perform them with laughter and kind faces; let cheerfulness abound with industry.

"Give us to go blithely on our business all this day, bring us to our resting beds weary and content and undishonored, and grant us in the end the gift of sleep."—*Robert Louis Stevenson*.



CONDUCTED BY PROF. ANTHONY BARKER.

The Solar Plexus Region.

The solar plexus is one of the great nerve centres of the human body. It is situated in the upper part of the abdominal cavity, just behind the stomach and in front of the spine. The solar plexus has been made famous by prize fighters. Before one of the prize-fighting champions was knocked out by a man much lighter than himself, with a blow in the pit of the stomach, that region was practically unknown to the public in general. The reason why a blow is so serious in its effect, when struck in the pit of the stomach, is that most people have no control of the muscles that protect that part, which makes it impossible for them to set those muscles in time to break the force of the blow.

That part is so delicate and sensitive because very few people take the time to make its structure strong. Another reason why it is so weak is that people have great fear of even being touched in the pit of the stomach.

To instance a case: More than ten years ago, when I was a professional strong man, giving exhibitions in the different theatres of the country, I trained that region, got it so strong and had such control over it that, after having per-

formed on the stage a great number of strength feats, I allowed men to jump on the pit of my stomach from a height of from six to eight feet, some of the men weighing much more than I did, that is to say, more than two hundred pounds, without in the least hurting me and without any ill after-effects.

It may seem very strange to a great many uninitiated people that physical culture, or exercise, would help the part I speak of. But I feel it almost my duty to inform the readers of *HEALTH* that the only means of strengthening it is by proper exercise, under proper direction.

On account of this part being so little used in ordinary vocations, the blood does not circulate through its region as much as it does through other parts that are used much more, such as the lower limbs, for instance, they doing most of the work by carrying the whole weight of the body.

I have designed a short course of specified exercises which will especially act upon this part, which, when being performed by the one desiring to strengthen it, must concentrate his mind on the portion of the body in question, so that he may reach that part, and that



EXERCISE I.

part only. The way I would advise the performer of these exercises to act would be to let him go through this whole course a good many times; and when he begins to see and feel that this region

is as strong as he wishes it to be, need not perform more than two of exercises in order to keep it in per condition.

EXERCISE I.—This and the follow



EXERCISE II.



EXERCISE III

Exercises are rather peculiar and different from the usual abdominal exercises, in that you do not sit up, but merely go half way up and remain there. Lie on your back, raise your feet about three

inches from the floor, keeping them there, and also raise your back about half way between lying on your back and sitting up; remain in that position and attempt to raise your hips from the floor.



EXERCISE IV.



EXERCISE V.

EXERCISE II.—This exercise is very similar to Exercise I. Lie on your back, raise your feet from eighteen inches to two feet and place them against the wall, keeping them there; then fold your arms across your chest and attempt to sit up.

EXERCISE III.—This exercise affects the parts in a more forcible manner than the preceding ones. In lying position, bring your feet close to your hips and cross the legs, then stretch your arms forward in line with your knees and attempt to sit up.

EXERCISE IV.—Lie on your back, as before, cross your arms across your chest, raise one leg up, bending it at the knee, leaving the other lying on the floor at ease. Then attempt to sit on the side of the leg that is bent, and also try to get

the knee to the chin as close as the get. Alternate.

EXERCISE V.—Lying position, both legs and bend the same at the attempt to sit up, and also try to the knees up towards the ceiling. the knees are at the highest point your very best to reach and touch with the elbows.

EXERCISE VI.—A most difficult cise. Lie on your back as before, your legs as far as you can so as to a right angle with your body, keep the legs in that position and try up, with the arms outstretched, and towards the knees, always making a continuous attempt to push forward. Do exercises as often as your strength allow, always being careful to stop of exhaustion.



EXERCISE VI

HOW SHALL WE ORDER THE CHILD?—NO. 2.

JAMES DUNCAN.

Last month we very briefly cited a few texts giving the proper way to "Order the Child" before and immediately after birth. We make these articles brief, because we believe a word to the wise is sufficient, and because we desire that mothers (rather, parents) shall study for themselves the truth of these brief hints.

By taking up the study of child culture from the Bible, one cannot go wrong. A good concordance and a few hours' study each week will cause us to know how to save our children in this present world and to come up in the Judgment Day and say, "Behold I and the children which God hath given me." (Heb. 2:13.) So, parents, let us study the Word and give less heed to the various theories of divers writers, many of whom never raised a child, nor could enter into its little troubles, nor appreciate its joys.

When the child reaches the age of reason, and can comprehend simple narratives, many mothers relate to them the wonderful adventures of Anderson's fairies, or other equally absurd and untrue tales. Is this wise? Some say, yes; others claim differently. Says the poet:

"What says the Bible, the blessed Bible?

This should my only question be;

Teachings of men so often mislead
us,—

What says the Book of God to me?"

—Belden.

And if there is any question above others about which we cannot afford to

be misled it is this concerning our duty to our children. It is prophesied that in the last days (which doubtless are *these* days) that perilous times should come, for "men shall be . . . *disobedient to parents*, unthankful, unholy, and *without natural affection*." (See 2 Tim. 3:1-5.) And to offset this tendency of children to go wrong, this instruction was given: "And these words which I command thee this day shall be in thine heart." This is the *first* thing, parents. "And thou shalt teach (or sharpen) them diligently unto thy children, and thou shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up." (See Deut. 6:6-7.) No time for fables or fairy stories if this is obeyed; nor will children taught in this way have time to absorb the spirit of worldliness and of irreverence so often seen in these days.

So let the early instructions be as says the Psalmist: "We will not hide them from the children, *showing to the generation to come the praises of the Lord, and His strength, and His wonderful works that He has done*. For He established a testimony in Israel, which He commanded our fathers, *that they should make them known to their children*; that the generation to come might know them, even the children which should be born; who should arise and declare them to their children, *that they might set their hope in God*, and not forget the works of God, but keep His commandments." (Ps. 78:4-7.) So again we say: "Tell

ye your children of it, and let your children tell their children, and their children another generation." (Joel 1:3.) Set an example to your children that will continue as long as time shall last, and many souls shall be reclaimed because of your faithfulness. An influence will be set in motion that will never end this side of eternity. If there are any duties or any privileges greater than those of the godly mother, I do not know what they are. And there is nothing so laden with possibilities as the work of training up children in the way they should go. The mother of Moses only had twelve years in which to mould a leader and deliver Israel. At twelve years of age he went into the midst of the most ungodly influence of ancient Egypt, but "when he was come to years, refused to be called the son of Pharaoh's daughter; choosing, rather, to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season; esteeming the reproach of Christ greater riches than the treasures of Egypt, for he had respect unto the recompense of the reward." (Heb. 11:24-26.) What was it that caused Moses to refuse the throne of Egypt and to cast his lot with the down-trodden people of God? *It was his early training.*

Even Christ profited by His mother's instructions to that extent that at the age of twelve He was found in the Temple of Jerusalem, "sitting in the midst of the doctors both hearing them and asking them questions. And all that heard Him were astonished at His understanding and answers;" and even after this, "He was subject unto them." (See Luke 2:46-47, 51.) There is every reason to believe that Christ learned as do other children, by the patient effort of parents

and teachers. And the faithfulness of His mother in teaching Him the Scriptures enabled Him to ask questions and make replies that astonished those who were supposed to know all about such things.

And just so it is to-day. There are many twelve-year-old children whose unadulterated knowledge of the Scriptures will readily confound the fanciful theories of "profound theologians."

At about the age of eight years, Samuel became a prophet of God and continued until his death a faithful prophet and judge over Israel. Why was he so different from the thousands of other children of Israel? A glance at the account of his conception and birth will readily reveal the character of his mother and consequent training of his early childhood. (See 1 Sam., 1st chap.)

We have already mentioned the "prenatal training" of Samson, who afterwards became one of the greatest judges of all the great judges of Israel. A reading of the account of his career will reveal his allegiance to his parents, and the probable influence they exerted over his life. His inglorious fall was because of the influence of an ungodly wife after he had gotten beyond the advice of his mother.

So it pays, we think, to instil into the hearts of children the "praises of the Lord and His strength and His wonderful works that He hath done." (Ps. 78:4.) While it does not pay, as we shall see presently, to allow them to absorb the spirit of falsehood from the various juvenile books written to lead astray the flowers of our flock. Some may criticize this last statement, but looking at the matter broadly—that Satan uses all possible means to capture the children—

we will see that he (Satan) most likely originated the idea of instilling fanciful falsehoods in the young minds to crowd

out the Spirit of God and prevent them being saved at last.

(To be continued.)

UNWHOLESOME FOODS CAUSE CONSUMPTION.

BY C. GILBERT PERCIVAL, M. D.

The Jews, of all people, are less prone to consumption. One fifteenth of all the Jews in the world are located in New York City, and this number are crowded into the region known as Grand, Rivington and East Bowery, exclusive of any other race.

Yet this region of New York City is shown by statistics to be the one in the city where consumption is the least rife. This, too, in spite of the fact that the people of this district are subjected to the conditions which would tend toward consumption.

Indeed, among these Jews some of these conditions are greatly emphasized. For instance, they work in sweat shops in vitiated atmospheres, bending over their machines for many hours, to the great detriment of normal respiration. These poor Jews are certainly no more cleanly than any other people in the same stratum of life. With regard to their homes, this Jewish district is by far the most congested in the city.

What is the one factor, then, that makes the Jews of this district so free from this dread disease? It is the "kosher" food. The very poor Jews even obey implicitly the requirements of the

Mosaic law concerning such food stuffs as are rejected by their religious officials as "tief," or "unfit to eat." The percentage thus rejected is variously estimated at from 30 to 50 per cent. of the food examined.

This fact of food examination among the Jews seems to have some bearing upon the opinions held by von Behring, Carriere, Raneul, Theobald Smith and others, to the effect that consumption is oftentimes an ingestion disease. According to these learned workers, the tubercle bacillus in infected meat, after having passed the gauntlet of the gastric juice, might be taken up by the lacteals and be conveyed in the chyme all over the body. Some of these go so far as to claim that the only way that consumption is acquired is by ingestion.

Be all this as it may, the fact remains that in the crowded and sometimes dirty Jewish tenement districts of New York the dread disease, consumption, is far less than many other less thickly-settled localities, and the Jews have a rigid inspection of all their food products and do not consume the quantities of meat and foul flesh that other nationalities do, and no pork at all.

A foreign physician now asserts that the pain of neuralgia is superficial and can be relieved at once by throwing a

beam from a bright arc light upon the affected part.

THE HUMAN RESERVOIR.

BY S. T. ERIEG.

Faulty reservoirs have ever caused a great amount of misery, sickness and death. The prevalence of typhoid fever in various parts of the country last winter has been of no small consequence. Especially will the great typhoid fever epidemic of Butler, Pa., be remembered for years to come. From the beginning of the outbreak of the fever at Butler, November 1, to December 17, there were 1,270 cases of typhoid and 56 deaths in a population of 18,000, all due to this most ignorant, culpable and reckless management of the water supply.

While such condition of affairs as the above is to be deplored, there is scarcely a thought given to the trouble that is occasioned by the human reservoir, the stomach, by reason of man's indiscretion in eating and drinking. The stomach is the reservoir by which nourishment is supplied to all parts of the body. Likewise also almost all the poison of the body and sickness issues from this location.

The stomach will reveal its real condition by the external appearance of the person. Eruptions of the face indicate a polluted reservoir, it indicates that something has been put in the reservoir that deranges it and infects the blood with impurities. The man with the red nose gets the poison from his reservoir. The probable indications are that he is submitting his stomach to an ordeal of "fire water." The man with the gout has a reservoir that is in bad condition; he is putting things in his stomach that he should put in the refuse barrel. That

person with the particular vinegar aspect, who looks as if disgusted with self and all the world besides, gets it from a poisoned reservoir, a reservoir that needs a cleaning out.

The brain, like every other part of the body, gets its nourishment from the stomach. When the stomach ceases to send forth good nourishment, but sour nourishment, and becomes the receptacle of acids and gases, the brain fails to receive what it wants, and as a result becomes sour and gloomy, and a morbid state of body and mind results.

What is the trouble with the pessimist? He has poison in his reservoir. His stomach is sick, and everything he looks at has a sickly appearance. He thinks the world, like his stomach, is all going to ruin. The preacher who does not seem to strike the right keynote might be more successful if he would be more considerate of his stomach and what he eats.

The person with elastic step, good complexion, bright eyes and a generally wholesome appearance gets good nourishment from the stomach, and not poison. The stomach is the fountain from which every part of the body is supplied. When the fountain is pure the body will be pure, but when the fountain or stomach is poisoned, the body will be poisoned. If the stomach is sick, the brain, heart, lungs, kidneys and liver are all sick. The result may be in one or more organs. But like a chain, all the links must be of the same strength, and the weakest link will give way first, making

of no avail the strength of all the other links. If there is a weak point in the organism, it is probable that the stomach is sending insufficient or impure nourishment to that part.

A mechanic cannot produce any better product than his skill and material at hand will admit of. Since the organs and all parts of the body are composed of and supplied by the nourishment put in the stomach, the organs and parts of the body cannot be superior to the nourishment sent out by the stomach.

The brain and stomach are in close sympathy. When the stomach is out of order, the brain is sluggish and dull. If the poor despondent who died because

he got tired of living had kept his reservoir in better condition, he would not have become tired of life. If it should be my great misfortune to face a court, I should insist that judge, lawyers and jury were possessed of good stomachs.

Like the entire town or city that can be poisoned by impure reservoirs, so the entire system is poisoned by the stomach. Our bodies are composed of what we eat, and cannot be superior to the state of the stomach. A man is what he eats. Foster a good, healthy stomach and the nourishment will be good, the health superb, the thoughts and deeds high and commendable.

A physician says that steam-cooked food is easily digested. Why? The majority of physicians are incapable to explain. It is supposed that vegetables, and especially cabbage, are difficult to digest and assimilate. That this supposition is erroneous and that the indigestibility is really due to a wrong process of cooking, we shall attempt to prove. It is now a generally accepted fact that green leaf salads and uncooked red and white cabbage prepared as salad are easily digested, at least if prepared with fresh lemon juice. The flatulence which usually occurs after a meal of cooked green vegetables, and especially of cabbage, will not trouble us if we eat uncooked salad. So it must be the cooking process that causes this injurious change. Owing to the influence of the heat and the fermentation of the carbohydrates facilitated by cooking there is a formation of fermentation acids or gases (chiefly carbureted, phosphureted sulphureted hydrogen) in the system.

Vegetables are commonly cooked in too much water, which, when afterwards poured away, carries with it the larger quality of the soluble alkaline salts (basic alkaline salts) contained in the vegetables. This cooking water also dilutes the vegetables, which of themselves already contain plenty of water, and therefore also dilutes the alkalies, which alone possess the power of combining with the fermentation acids. Owing to the want of alkalies, the acidity of the gastric juice is more strongly developed, and thus abnormal decomposition processes are set up. The digestion in the bowels will also take place in an acid medium instead of an alkaline, on account of the excess of fermentation acids and the want of neutralization. By steaming the vegetables will not lose any of their valuable alkaline salts (soda, lime and oxide of iron) which cannot be replaced by the minerals from the drug store which have no energy or potency and are not tissue—elements.

DR. LOUIS H. BACKMAN.



QUESTION.—Can you tell me how to stop fermentation in the lower bowel? Unless I take salts to work it out, it occurs twice a day, and even with salts it is observable. It causes rheumatism. I avoid potatoes, fresh bread and not well-cooked cereals, but everything seems to ferment. A. F. Wise, 182 St. John's Place, Brooklyn, N. Y.

ANSWER.—Make it a practice to drink a glass of hot water, not less than half an hour before each meal, if practicable, but especially before breakfast. Wash out the large bowel with copious enemas, at least twice a week, until they are thoroughly cleansed; masticate your food thoroughly, thereby facilitating digestion. Eat moderately and slowly, and your trouble will disappear.

QUESTION.—As I closely follow each month, with interest and profit, your Question and Answer column, I desire to ask you to portray as best you can in words just what is meant by deep breathing, and just how to practice it. Also state whether deep breathing and diaphragmatic breathing are considered one and the same; if not, will you kindly state, in plain English, just how to practice diaphragmatic breathing. No doubt some plain instructions on this breathing question (about which all those who are concerned for their health are interested) would be much appreciated by your readers. Thanking you in advance, I remain, respectfully, E. S. G., Hughesville, Pa.

ANSWER.—Diaphragmatic or abdominal breathing and deep breathing are synonymous terms. The word deep is easier of pronunciation than either of the others, hence the greater frequency of its use. The great majority of people are shallow breathers, consequently the circulation is sluggish and assimilation imperfect. The article by Dr. Patchen, which appeared in the December and January numbers of *HEALTH*, entitled "Breathing as a Remedy," shows in an able manner the advantages of deep breathing and describes the action of the diaphragm. Deep breathing is the only perfect manner of breathing, and implies the free use of the diaphragm with its bellows-like movement. Inspiration should be long and deep, and always through the nostrils; expiration should be prolonged and through the almost closed lips. A good exercise to cultivate the habit is as follows: Stand erect and inhale fully and deeply, then pause, without expelling any air, and inhale a little more, pause, then inhale again taking care that no air has escaped during all this time; then forcibly contract the abdominal muscles, forcing the air up into the apices of the lungs, relax the muscles and contract them again; all this time allowing no air to escape; then expire the air slowly. This exercise should be practised in the open air, or in your room with the windows open. A simple method of acquiring the habit of deep breathing and increasing the capacity of

the lungs is, when walking in the streets, to take a full and deep inspiration every time you come to a crossing, and hold it until you reach the other side. After a while full and deep breathing becomes habitual.

QUESTION.—Will you kindly tell me why I have palpitation of the heart when lying on my right side, and not when I lie on my left side. Have been troubled with this for about a year. Have no stomach or liver trouble that I know of and digestion is good. Respectfully, M. G., Zanesville, Ohio.

ANSWER.—Palpitation of the heart may be either functional or organic, but when it arises from a functional cause it is intermittent, while if it is due to structural derangement the palpitation is continuous. In your case it would appear to be of the functional variety, and may arise from some visceral obstruction—constipation has been responsible for some of the very worst cases—or it may be due to the excessive use of strong coffee or tea. The heart lies in a recess in the left lung, and it is possible that when lying on the right side the heart drops away from the left side of the cavity in which it is lodged and a very slight strain would be sufficient to produce the symptoms. This hypothesis is strengthened by the fact that when lying on the left side the heart fits snugly in its recess, and no strain being present, palpitation is absent.

QUESTION.—1. I am greatly troubled with corns on my toes, mostly on the little ones. Can you give me a remedy for eradicating and preventing them? Is burning them with caustic soda dangerous? 2. Can you recommend me a good

ointment or lotion for applying to the face after shaving? I have been in the habit of applying carbolic ointment, but think it makes the face too tender and sensitive. 3. Does shaving have any effect on pimples, and can pimples be cured by any outward application? If so, what would you recommend? 4. Can you give me a prescription, or recommend me a good treatment, for cleaning the face of blotches, spots and general tanned color, caused, I think, partly by sunburn and partly the marks left by pimples? I may state that I am troubled with dyspepsia and constipation, though not so bad as formerly. 5. What exercise or treatment can you recommend me for taking away a stoop in the shoulders when walking or sitting? In answering and giving advice on the above points through your valuable paper, HEALTH, you will very much oblige, yours faithfully, J. H. du Plessis, Hachtkraal Fauresmith, O. R. Colony, South Africa.

ANSWER.—1. Cover the corn with a piece of court plaster, with a small hole in the centre, the size of the eye of the corn; then apply Glacial Acetic Acid with the point of a toothpick, being careful not to let the acid touch the surrounding tissues. Do this for three nights, then soak the corn in hot water, when it can be removed with the point of a penknife. To prevent them, rub the toes every night with a little vaseline, or sweet oil, and wear easy shoes. 2. The best advice we can give you is, to wash the face in warm water after shaving, and only partly dry it, then rub in a little glycerine, and dry it by gently patting it with the towel. 3. In a healthy body the act of shaving would have no effect in producing pimples, but where present, the act of shaving irritates them and re-

tards recovery. No outward application can do more than temporarily drive a pimple in, to reappear somewhere else—the cause is in the blood. 4. Steam the face by holding it over a large pitcher or bowl of hot water, with a towel over the head to confine the steam. Rub it moderately and briskly with a soft towel, followed by the application of glycerine as mentioned above. 5. Take a stout wand about 5 feet in length, grasp it with both hands, the arms at full length, down in front, then raise the arms straight up over the head, without bending the elbows, and bring them down behind you to their fullest extent, still without bending the elbows. Do this for ten minutes morning and evening, gradually bringing the hands closer together on the wand as you become proficient. The keynote to a great part of your troubles is sounded in the word, constipation. With an obstructed intestine the blood must be foul. Wash out the lower bowel with from three to four quarts of warm water at least twice a week, and take frequent Turkish baths, or if that is not practicable, then the ordinary hot bath, followed by vigorous friction.

QUESTION.—Will you kindly answer the following question in your next issue, and oblige? I am very nearsighted, have worn glasses for four years constantly; also have catarrh of the head and my face burns a good deal. Can I be cured, and how, please? E. Raymond, Key West, Florida.

ANSWER.—For the nearsightedness, the opinion of a competent oculist would be necessary, although constitutional treatment would help greatly. The catarrh is doubtless partly responsible for the eye trouble, and we would recommend you to practise sniffing moderately salt, tepid water up through the nose night and morning, gradually reducing the temperature of the water until you can use it cold. Practise deep breathing assiduously, and never sit or lie in a warm room. Keep the body absolutely clean both by external and internal bathing, and let your diet be plain and simple. The catarrh can be cured, and that will benefit the eyes; but we cannot promise restoration of sight, as there may be some structural defect.

BOOK REVIEWS.

A MANUAL OF PERSONAL HYGIENE. Second edition, revised and enlarged. By American authors. Edited by Walter L. Pyle, A.M., M.D. A 12mo volume of 441 pages, fully illustrated. Philadelphia, New York and London: W. B. Saunders & Co. Bound in silk, \$1.50 net.

If, as we are told, "in a multitude of counselors there is wisdom," this work

should need no farther comment, as it is the result of the co-operation of eight American physicians, and the work is well done. Each one has taken a special branch, such as the digestive organs, the eye, the ear, the respiratory organs, etc., and as each is presumed to be especially conversant with his subject, the result should be, and is, eminently satisfactory. Where each co-laborer has performed his task so well, it seem invidious to specify

any particular one; but we must confess to having been pleased with that portion of the work devoted to the eye. It is a work that cannot have too wide a circulation, and should be kept in schools as a standard book of reference, from which teachers might make short, instructive readings to the pupils. The rising generations need just such information as this book contains, that they may avoid the errors of their progenitors, and be the better fitted to cope with the changed conditions of modern life.

HEALTHFUL COOKERY. A Collection of Choice Recipes for Preparing Foods With Special Reference to Health. Compiled by Mrs. E. E. Kellogg, A.M. Published by the Modern Medicine Co., Battle Creek, Michigan.

This is one of the most practical books of its kind that we have had the pleasure of reviewing, and will prove a great help to those who wish to abandon a meat diet, yet lack the necessary knowledge of how to prepare appetizing substitute dishes. To all such, we recommend the section of this work entitled "Substitutes for Flesh Foods," and they will be difficult indeed to please if they do not find their desires gratified. The section entitled "Combining Ingredients" will also be found helpful to every one engaged in the preparation of food, especially the "Comparative Table of Weights and

Measures," a most necessary piece of information usually lacking in works of this character. We have nothing but praise for the book, unless it be the author's advocacy of yeast bread, as from the hygienic standpoint, we regard unfermented bread as much the more healthful. However, we have no doubt but that the book will prove extremely valuable to the large class that is seeking information along these lines, and we cordially wish it success.

FIRST LESSONS IN FOOD AND DIET. By Ellen Richards, Instructor in Sanitary Chemistry in the Massachusetts Institute of Technology, Boston. Whitcomb & Barrows. 1904. Price, 30 cents; postage, 4 cents.

One of the most valuable contributions on this important subject that it has been our lot to meet; not on account of its pretentious appearance, or the formidable list of authorities quoted from, but for its conciseness, practicality and common sense. Its ten lessons are pleasing examples of crystallized information, happily expressed. No mother, no teacher, no nurse ought to be without this compendium of useful knowledge. If it contained only one of the ten lessons—"the school luncheon"—it would be more than worth the price asked for the book. We recommend it most cordially to our readers.

The English sometimes have what seems to an American a very awkward and rather questionable way of expressing themselves. For instance, the American speaks of "cast-off clothing." To express the same fact the Englishman

would say "left-off clothing." A recent ad. in an English newspaper reads: "Mr. and Mrs. Brown have left-off clothing of every description, and invite your careful inspection."



It is the nature of man to be discontented. But this same discontent is the secret of all progress. If it had not been for discontent, the United States would still be a part of King Edward's dominion. It is discontent that is ever urging us onward. And we must plead guilty to the charge of being members of the army of discontented ones. But our discontent has a philanthropic aim. We want to spread the Gospel of Health far and wide, and it is because we think our publication is a good exponent of its doctrine that we do not feel quite satisfied with its growth. We want to see it in every home, for we are confident it cannot fail to do good wherever it goes. If we had the wealth of a Rockefeller, we would send it free to every inhabitant of this broad land; but truth compels us to say that our resources have limits.

But if you, dear readers, will co-operate with us, we can soon double, nay, treble, our present circulation. Just think what it would mean if each one of you were to induce a friend to subscribe! A little exertion on your part, to benefit your friend, and the thing is done. Read our premium offers in this issue and notice the value offered in exchange for your outlay! Will you not give this matter thoughtful consideration and lend a helping hand? In proof of the fact that

HEALTH is steadily growing in public favor, we refer with satisfaction to the following letters:

Enclosed, I hand you one dollar for renewal of my subscription, as I desire it for another year. I enjoy it very much, and think if more people would recognize the value of its teachings, and the principles it advocates, there would be much less suffering among the human family, and I rejoice that I ever became acquainted with it. Very truly yours, Mrs. Martha Bennett, Post Falls, Idaho.

I am well pleased with the reading of your magazine, HEALTH. It is clean, good reading. M. Kingan.

I like and appreciate your magazine, and can cheerfully recommend it, especially to those who are in ill health. Yours very truly, O. J. Pierce, 1317 Catalina St., Los Angeles, Cal.

I appreciate your magazine, HEALTH, very much, and would not be without it. I have found many things in it that have been of great service to me. I now enjoy vigorous health, although in my 76th year. Enclosed find one dollar for renewal of my subscription. Yours truly, Henry Morton, 392 Mountain St., Montreal, Canada.

We appreciate the HEALTH magazine very highly, and have all read and enjoyed its contents thoroughly. Mary R. Cutting, Westminster, West Va.

Enclosed, find one dollar for renewal of my subscription to HEALTH. The magazine grows more and more interesting, and I cannot do without it. Very truly yours, Abbie S. Ripley, 51 Rutland St., Boston, Mass.

I wish to say a few words in regard to your great magazine, HEALTH. The reading matter is very wholesome, practical and interesting. I wouldn't miss a single number for the world, and hope to remain a subscriber as long as I live. Yours truly, L. Brown, San Francisco, Cal.

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HYGIENE IN LAUGHTER



Visitor (to widow)—“I am so sorry to hear of the sudden death of your husband. Did they hold a post mortem examination?”

“Yes; and like all those doctors, they did not hold it until he was dead, or they might have saved his life.”—*Ex.*

Young Dr. Smith—“A patient got very angry the other day because I advised him to take a Turkish bath.”

Mrs. Smith—“I don’t see why anybody should get mad about that.”

Young Dr. Smith—“Well, this fellow was a Greek.”

“Have you an isolation hospital in this town?” asked the stranger.

“No, but we’ve got a Carnegie Library. If you want to be alone with yourself for an hour or two, go up there.”—*Chicago Record-Herald.*

The professor was lecturing to the medical class, and stopped occasionally to ask a question.

“Suppose,” he said, “a young woman in walking on a slippery pavement fell and dislocated her ankle, and you happened to be on the spot, what would you do?”

“Rubber,” answered the flippant and unthinking young man. The rest of the class held its breath till the professor went on:

“Quite correct. A vigorous rubbing would serve to keep down the swelling until remedies could be procured and applied.” And the students breathed again—*Brooklyn Eagle.*

Consoling counselor—“So poor John is gone! Did the doctor tell him he couldn’t recover?”

Winsome Widow—“Oh, my, no! If John had thought he was not going to get well it would have frightened him to death.”

Physician (handing prescription to patient)—“Take this prescription to the drug store and have it filled; it will cost three dollars.”

Patient (in suspense)—“Three dollars! Why, doctor, I haven’t got that much about me; can you lend me three dollars?”

Physician (hastily writing another prescription)—“Never mind, take this prescription instead; this will only cost ten cents. The first was a very powerful nerve medicine, but I see you don’t need that.”

Uncle Rastus—“Howdee, M’s Jon-sing, howdee! I ain’t seen dat little piccaninny ob you’s lately.”

Mrs. Johnson—“Lor’, Uncle Rastus, I done gone los’ dat little nigger las’ summer from the color’d inflammus.”

EDITORIAL DEPARTMENT

BY CHARLES A. TYRRELL, M.D., EDITOR.

Absolute cleanliness, both internal and external, is the golden key that unlocks the door of perfect health.

VOL. LV.

APRIL, 1905.

No. 4

SCHOOL VACATION POINTS.

We shall soon have the school vacation season upon us, which prompts the reflection how many parents and guardians will see that it is spent to the greatest profit of the child?" It has been too long the custom to consider food the principal factor in promoting the growth of children, but food, essential as it is, is not more necessary than air or exercise. Time was, when the pallor of the student was regarded as the necessary accompaniment of mental acquirement; but our later day records show that it is the men of strong physique, large in chest girth, and wide in head, that carry off educational honors, and develop into active, capable workers. Hence, size is an important matter; but it must be size dependent upon firm, solid tissue, healthily developed muscles, capacious lungs and digestive apparatus. In the keen competition of the modern school room the temptation to overstrain, mentally, is ever present, and no greater calam-

ity can befall a child than to fall under its influence, for it frequently leaves results that no after training can obliterate. Great watchfulness should therefore be exercised, and any child that persistently fails to make normal progress in growth, should be at once relieved of all study and every energy devoted to its physical development. Much can be done during vacation time by giving the children every opportunity to romp in the open air, for no matter how perfectly the processes of digestion and assimilation may be performed, without perfect oxygenation of the blood, the best results can never be attained. Open air exercise will develop the frame, increase the lung capacity, and materially strengthen all the senses, rendering them more capable of study, or of anything else they may undertake.

THE CHESTNUT AS AN EDIBLE.

Food reformers are generally enthusiastic over nuts as an article of diet,

the peanut coming in for special commendation, although it is, in reality, a legume. Pecans and walnuts also come in for their meed of praise; but comparatively little is heard of the chestnut. It can scarcely be that its merits are unknown, for its nutritive qualities have been amply demonstrated long since. In many parts of Europe bread is made of at least one half chestnut flour, and in the city of London the principal articles of food offered for sale in the streets are roasted chestnuts and roasted potatoes. It is not by chance that these articles have been selected in preference to others, but is a recognition of their food value. Few people will question the value of the potato as an article of food, forming, as it does, the staple diet of millions of people, and yet by analysis we learn that the chestnut is its superior in food value. It contains less water, and less mineral matter than the potato, but more proteid, more starch and more fat, and is in fact, more nutritious than the potato, not because it contains different constituents, but that it contains these in better proportions, pound for pound. Owing to the fact that it does not contain an excess of fat, it is the most easily digested of all nuts. Why its food value has not been as fully appreciated in this country as it has in Europe, is difficult to understand, for apart from its dietetic value, it will yield the maximum results per acre, compared with other crops, so that from the economical standpoint it is entitled to our most earnest consideration. While the people of the United States, are, as a whole, well fed, there are yet hundreds of

thousands to whom a cheap yet nutritious food is a prime necessity. The chestnut should solve the problem.

THE DOMESTIC TRUST.

Dr. Robert Ellis Thompson, of Philadelphia, has recently delivered himself of certain forecasts respecting the conduct of the home of the future as to make Bellamy's "Looking Backward" seem little less than puerile. The picture he draws of the home of the future is fascinating in its freedom from present drawbacks. No cooking, no washing, no brooms, no stairways. All work possible will be done away from the house, the balance being performed by trained experts and mechanical appliances. Automatic elevators will replace the stairs, hydraulic apparatus will take the place of the broom, and central kitchens will supply better food at less cost, because without waste. The doctor points out that this latter plan is already in successful operation in Bergen, Norway, and also in Mobile, Ala., and disposes of the question of the transportation of hot foods, by citing the Parisian dinner pail, in which hot soup can be sent a day's journey without losing one degree of heat. The doctor points out that it has been found expedient in factories, for the sake of economy, to subdivide the work, so that each man, or set of men, become expert in some particular thing. This system is to be applied to the great central bureaus, which will undertake expert home service. Experts in every branch will come upon summons, bringing with them the necessary tools, which they will remove when the work is com-

l. Trained inspectors will pass the work, and payment will be to the central office. All of this is very attractive, and it will be asure to see women relieved of coarse drudgery of household and the woman of the future appreciate being deprived of her al prerogative, of seeing things but: will it be altogether a good to have the race of housewives minated?

THE CORELESS APPLE.

learn from the *Scientific Ameri-* hat the seedless orange, that has long time enjoyed its unique hor- ural fame, must now share that ction with the seedless apple. ohn F. Spencer, of Grand Junc- Colo., has, after several years of it experimenting, succeeded in icing an apple without a core, realizing the small boy's dream. great advantage in this particular is, that not only is every part of ible, but it is wormless. It ap- that worms in apples do not sub- upon the meat of the fruit, but the seeds, hence, if a worm is ed in such an apple it must of sity, die of starvation. A striking iarity of the tree that bears this is, that it is blossomless, and it inted out, that this lack of shelter ie moth is one factor in producing rmless apple, since the eggs can- e deposited. But a more impor- point is, that as it is the blossom is attacked by the frost, these are practically exempt, and may ore be grown in any climate. apple itself is described as being beautiful dark red color, with yel-

low strawberry dots, of a goodly size, and with a flavor resembling the wine sap. The meat is very solid, and, as in the case of the seedless orange, there is a slight hardness at the navel end, which it is confidently expected will disappear as the fruit undergoes development.

THE CHARM OF VOICE.

What charm in the world can surpass that of a sweet voice? A pleasant smile is a passport into the good graces of the majority of people; an agreeable manner is of the greatest value, either in social or business life; but if to these is added the charm of a soft, well-modulated voice, the individual possessing the combination is well-nigh irresistible. A good voice is a natural gift, based upon certain anatomical conditions, but apart from accidents, it is within the power of every human being to so train the voice that it shall be a source of pleasure alike to its possessor and its hearers. What makes the successful orator? Not the multiplicity of well-chosen words, but the trained voice that puts life into those vehicles of thought. It is the tones of the voice that linger in the memory, long after the words are forgotten. On this side of the Atlantic, carefully modulated speech is the exception, not the rule, much of which is due to the national restlessness, that is, too impatient to take the time to do things well, even so important a thing as speaking. It is in early childhood that the foundation must be laid for a sweet voice, by constantly checking the impulse to speak sharply. Frequently, the tone in which a remark is made wounds

more than the remark itself. The most essential factor in acquiring a soft, sweet voice, is the cultivation of the sweet spirit of charity—that charity that recognizes the universal brother-

hood of man; for a heart in sympathy with all men can only express itself in a voice whose tones are a delight to the listener.

From the earliest times the most familiar gesture of the physician has been to place his hand upon the wrist of the patient to feel his pulse. And even to-day, in spite of so many of the old customs having disappeared, the doctor who neglects this indispensable preliminary loses his credit at one stroke. This is a formality, but he must accomplish it before he has the power to sign a prescription in due form. If one may believe the *Journal of Hygiene*, they can, however, replace this without any danger to the patient by a simple grasp of the hand, the more or less vigor revealing the precise state of health of the sick person. The grasp of the hand of a man in health is frank, spirited, and rather rough; if it is

given against the rules of politeness it betrays a temporary weakness of physical strength. The hand extended limp and without pressure indicates little energy, either moral or physical. If the grasp is rapid or nervous the person possesses a temperament which is quick and easily overexcited. The hand which is given passively and without nervousness always betrays a weak condition. Physicians can find in the study of the hand-grasp one element more to smooth the difficulties of the diagnosis. This grasping of the hand of the patient is with many more than a polite formality. The character of the handshake is of great value to the observing physician.—*National Hospital Record*.

By an ukase recently promulgated in St. Petersburg women who wish to practise medicine are placed on exactly the same footing as men. The way is freely opened to them to obtain not only a license to practise, but the degree of Doctor of Medicine. Women who have obtained the title of doctor at a foreign university are admissible at once to the Russian State Examination. For admission to the Institute for the Education of Medical Women, the possession of a leaving certificate of a recognized girls's school, and the passing of a "not too severe"

entrance examination are required. The candidate must not, however, be a Jewess, and she must not be less than nineteen nor more than twenty-eight years of age. A Jewess can be admitted only if the number of co-religionists in the Institute does not exceed 3 per cent. of the whole number of students. Applications for admission to the Institute who have neither home nor relations in St. Petersburg will be compelled to live in a hostel specially established for the purpose.—*British Medical Journal*.

CONTRIBUTED ARTICLES

THE VOICE, ITS CARE AND CULTURE.

BY C. GILBERT PERCIVAL, M.D.

the laudation which has been so
y given to the American girl in re-
years has not included praise of
voice. Her beauty, dress, manner,
city, style and wit have all come
praise, but there is yet to be heard
the chorus even a small note dwell-
on the music of her voice.

Modern writers abroad make the
serious error made by so many
their predecessors in attributing to
American women a fondness for
use of slang spoken through the
. Only a very few women from
in parts of the East talk with the
l twang, just as certain other lo-
ies stamp their natives with the
, rather pleasant in contrast with
high typical New York voice.

Whether it is because American
men have proved so successful in
all life abroad or not, it is difficult
say, but of late the shrill American
e has been made the fashion in
don to such an extent that a gath-
ing of duchesses resembles vocally
group around a Broadway soda
fountain after a matinée.

No time of the year is the voice of
American woman more in evidence

in the summer, when travel and
open-air life of the resort give ag-
gressive opportunity to the clarion

It sounds from hotel and cot-

tage piazza, on the links and the courts,
on driveway and beach from June until
September.

In the open air it seems at its very
worst, until you hear it resounding in
a Pullman car or hotel office, and it
makes you wince. You listen for the
voices of the children, but you find no
relief. The same squealing, brassy ef-
fect is in evidence, only more poignant
in its youthfulness.

This would seem to indicate that
the American girl is born with this de-
fect, but this is not the case. The
shrill voice of the American girl is
largely the result of imitation and en-
vironment. Just a few years ago a
child who pronounced "dog," "doll,"
"coffee," "coffin" correctly was laughed
at, so to-day a deep-voiced child
would be made fun of. To-day in the
schools "daug," "dawl," "cawffee,"
"cawffin" are acknowledged to be
among the most unpleasant peculiari-
ties of American pronunciation, but the
shrill voice still obtains. The fact that
the American voice responds immedi-
ately to cultivation is best proven by
the nice voices of some of the leading
actresses.

The women of Russia, Italy, Ireland,
England, all have better voices than
the women of America, so it cannot
be urged that our climate is responsi-

ble for the trouble, for each of the countries named has a varying climate, that of England being especially injurious to the vocal organs.

The pitch of the American woman's voice seems to be its most important defect. It is noisy, brassy, assertive. Even in the colleges and at college gatherings the strident high voice is noticeable. The laughter of the American girl is nothing short of disagreeable, and this can always be noted in *matinée* audiences when a comedy is being presented. This, of course, applies to women of the North. The Southern women have a peculiarly soft and charming voice, one of their greatest attractions. It expresses refinement, cordiality and gentleness, for the voice, next to the eye, is expressive of the character, and some say that it tells far more in its unconscious notes.

An American contralto has opened a studio in New York for the purpose of teaching American women how to use and train their voices. The idea of the venture came to her at a Washington reception where a statesman called her attention to the chatter around them, and said that when he had the money to spare he would endow a college where American women might be taught to talk correctly.

The new teacher, like others who have observed that the American voice has grown worse instead of better, has noted that even on the stage at the best theatres some of the leading women are now allowed to talk in this disagreeable, high-pitched fashion, possibly for the reason that the idea is to imitate fashionable talk.

Considering the fact that women pay so much attention nowadays to the

beautifying of their complexion and hair, and the accenting of their charms generally, it is surprising that more care is not taken of the voice.

Deep breathing, which is now prescribed as a remedy for many ills, is an excellent tonic that speedily shows its effect in the deepening of the conversational tones. Singing is an excellent exercise, and little girls who insist that they do not know how to sing should be encouraged to learn, as the voice for speaking will mellow and grow musical even though the singing may not become a marked accomplishment.

A coarse voice is hardly more disagreeable than a harsh, shrill one, and few American women have coarse voices. A distinct, low tone is the proper manner in which to speak. The loud voice not only shows bad training, but indicates an unpleasantly domineering spirit.

Calling or shouting from one room to another, a habit to which children are addicted, should be discouraged. Shouting and screaming at play, which many school girls delight in doing, has a bad effect on the voice.

The tendency to cry out in anger, pain, surprise, joy, should be corrected. Scolding will permanently ruin a woman's voice. Even though she be praying, her voice betrays the unpleasant disposition.

Throat diseases allowed to run unchecked because they may be slight will make the voice unpleasant in time. It will become hoarse and indistinct. When one is suffering from a cold or sore throat which produces hoarseness it is wise to refrain as much as possible from using the voice.

Onions and lemon juice are both excellent tonics for the voice. Some physicians prescribe a preparation of peroxide of hydrogen for singers. Baked apples, the yolks of raw eggs and buttermilk are said to have properties that improve and clear the voice. Tobacco and alcohol are both injurious, and highly spiced food is not good.

Inhalation and fumigation are good for the vocal chords. There are many candies possessing ingredients that are beneficial, and certain fruits are good. But deep breathing of pure air and exercise will soon have a beneficial effect on the voice. Deep breathing exercises will change a man's falsetto voice to a full and rich one, will cure sore throats and give flexibility to the tones. Deep breathing in reality is a system of lung gymnastics.

If you intend to put yourself resolutely to work to cultivate your voice—to devote, say, 20 minutes daily to exercising it—first you will take an easy standing position, in order to gain a freer, lighter carriage of the body.

Stand erect, with the weight carried well forward on the balls of the feet. Straighten the spine and hold the weight of the trunk well on the hips. Don't settle down in a collapsed attitude, with all the weight resting on the small of the back. Hold the chest high, rise slowly on the toes, then sink gradually to normal position, slowly inhaling and exhaling.

Repeat this several times. Then draw the lips together, as though to give forth a prolonged whistle, after expanding the lungs to the fullest extent possible. Then open the lips and

take any vowel sound—"ah," for example. The force to produce the sound must come from below, the muscles of the chest being used simply to sustain and hold the tone. Repeat the sound distinctly and slowly with different modulations many times, going up and down an octave.

For the second exercise, pronounce the "hush" or "hurry" as if with the teeth alone, bringing the tones to the front of the mouth and focusing the sounds of the voice correctly for full and musical speech.

Again—and this exercise is more particularly to help one to speak distinctly—choose several long and very difficult words, and, dividing them into syllables, pronounce each syllable clearly and with the distinct sound of each letter intended to be heard. This will establish the habit, if practised long enough, of giving the full value, and, as a consequence, the full meaning of each word spoken, to the ear of the listener.

Calling to some one in an adjoining room is another exercise. To call so as to be heard distinctly, yet without harshness, is the object sought.

"O, Beatrice, please bring me my scissors from my work basket."

One may go over this twenty times, more or less, before getting the right intonation, such a difficult matter is it to call to any one at a distance, and be heard without the slightest grating of the voice; indeed, there is nothing much more difficult in a vocal way, the jangling of sweet bells out of tune being most apparent. For one reason our voices are not trained in this direction—we usually prefer to go in search of the person, or to ring bells,

or to attract attention in some other way.

The loud, sonorous voice of the vulgar woman, which can be heard "miles off," the nasal, high-pitched tones, the thin, metallic voice—all these must be avoided. It is flexibility which we want, and which can be acquired by practice—flexibility which gives sound either loud or low, but without noise, unless we should call noise the little accompaniment of the consonants.

Parents, teachers, friends should see to it that children are not allowed to scream. When a bevy of girls meet together is it soft or animated speaking that we hear?

Although they are only a few feet apart, and there is no noise but that which they themselves make, and an ordinary tone of voice would be entirely audible among them, or even a "stage whisper." But no; they scream at one another at the highest and fullest pitch of their voices, as though Alp were calling to Alp across immeasurable abysses. They scream on until their vocal chords are frayed and diaphragms exhausted.

In order to speak clearly, make the

toilet of the mouth and nose with care three times a day. There should be five minutes after each meal given to personal care, rinsing the mouth, clearing the throat and using the handkerchief, which should then make its appearance as seldom as possible.

Never tire the voice; if the throat is sore, keep the tongue quiet.

Frequently a slight roughness of voice is caused by irritability of the throat, which occasionally becomes chronic if it is long neglected. One remedy is a gargle of barley water. Another calls for tincture of myrrh, a few drops in water; this is to gargle the throat, every day at first, and afterward about three times a week, until all trace of the roughness disappears.

The voice may also be cleared by taking a tablespoonful of black currant jelly dissolved in hot water, or by taking a tablespoonful each of butter and coarse brown sugar; beat together with a fork into a stiff paste, and add a teaspoonful of lemon juice or vinegar, or beat the white of an egg to a stiff froth and take a little now and then to clear the throat.

IS PHYSIC A FAILURE?

BY A LONDON PHYSICIAN.

A great London daily paper has devoted a large part of its columns to the discussion of the question "Do we believe?" I cannot discuss the Theological question in the columnss of the "Herald of Health," but if I were asked the question, "Do we believe in doc-

tors and physics?" I should certainly reply "We do."

A DRUG-BEWITCHED AGE.

This is a medicine-swallowing age, and the cultured and educated classes are as great believers in physics as are

the ignorant and pauper class; indeed, it is certain that the rich have even more faith in quack nostrums than the poor have. We seem unable to bear a few minutes' pain or distress without resorting to some more or less dangerous drug or remedy. Doctors are by no means the principal cause of the drugging; it is the chemists and the patent medicine vendors who make a harvest out of the impatience against pain or inconvenience. Our very science of pharmacy, our wonderful discoveries in chemistry, are chiefly responsible for the drug habits of the present day. There is a so-called remedy for nearly all the ills our flesh is heir to, and it can be purchased from Bond Street for a shilling or two, and in Whitechapel for a few pence. But the remedy is very often, if not always, worse than the disease, though it is hopeless to expect people to understand the fact.

TREATMENT OF SYMPTOMS VERSUS DISEASE.

Lord Kelvin, in an article published recently in the "Daily Graphic," said: "Where modern pharmacy works its wonders is in the treatment of symptoms, and herein is its danger for an impatient and unthinking public. Who can tell how much of the nervous and physical breakdown of modern life may not be due to the abundant means which the chemist has provided for extinguishing the danger signals of nature?" Yet this is what physic is doing for us all day and every day. Pain, restlessness and insomnia are treated by narcotics, and long after the troubles for which the drugs were originally prescribed have ceased, the pa-

tients too often continue to dose themselves with the medicines originally prescribed till they fall victims to their poisonous effects.

BUT ONE TRAGEDY OUT OF MILLIONS.

I know a cultivated and amiable lady to whom twenty years ago a physician gave a prescription for hypodermic injections of morphia to relieve the pain of an indolent and benign tumor. Without consulting that physician again, this lady has used these morphia injections five or six times daily ever since, till she is now a complete wreck in body and mind. Nothing will induce her to abandon the pernicious habit; she has become a morphomaniac, and I believe she would die if the drug were suddenly abandoned. There are thousands of persons daily poisoning themselves with narcotic drugs which were originally prescribed by their doctors for some passing need. Dr. Saleeby says: "The drug is enjoying a heyday of disastrous popularity; never were advertisements of drugs in the public press more numerous and more mendacious," but he would substitute for the products of the chemist's laboratory the various serums with which to poison our blood, and that would be drugging in a worse form. Oliver Wendell Holmes said, "If all drugs were cast into the sea it would be so much the better for men and so much the worse for the fish." And when we reflect on the infinite harm done by swallowing wholesale and retail the countless forms of pills and tablets, many of them deadly products of synthetic chemistry, we are fain to believe that Holmes was right. From the great laboratories of pharmacy in

this and continental lands there issue daily potent drugs whose properties have only been tested on animals before they are tried on hospital patients, if they relieve headaches and abate the pain of gout and rheumatism, they are actually so boomed by the manufacturers that doctors and chemists are all but compelled to use them.

EVIL COMETH OF EVIL.

It is in this way that experiments on animals, although they may not all entail great suffering on them, indirectly work infinite mischief on the public. On the strength of experiments on rabbits and guinea-pigs the hyper-scientific school of doctors proceed to dose their patients with new and untried medicines, which, if they do not poison outright have a tendency to create a pernicious habit in the users. Who can estimate the harm done by the indiscriminate employment of the many new drugs prepared from coal-tar? These have all been introduced into medicine after experiments upon animals. The unhappy victims of the laboratory have thus revenged themselves on the human race, which has inflicted their torments. But this is the medical science of the day. An arrogant and domineering class is this priesthood of modern medicine, but they make grievous blunders and are exceedingly wroth with those who expose them.

HERE IS THE LATEST SCIENTIFIC MUDDLE.

We all know how the experimenters and serum-mongers have been at work

in India and elsewhere in connection with the plague. It seems from an article in the *Lancet* of December 3, 1904, that the bacteriologists have all been in the wrong about the pathology of plague. It has been hitherto believed that the plague bacillus appeared in the peripheral blood a few days only before the fatal termination of a case, and that the bubonic was a typical variety of plague, and the other symptoms were of secondary importance. But now appears Dr. William Hunter, the Government's bacteriologist in Hong Kong, who has published in a Blue Book reviewed by the *Lancet*, in which he upsets altogether the preconceived notions of the dread disease, and adduces evidence which the *Lancet* calls well-nigh overwhelming to show that the prevalence of opposite opinions to his own is to be ascribed to "faulty clinical observations."

HYGIENE TO THE RESCUE.

If the old drugging system is a failure the inoculations of serum for our various ailments will certainly engender even worse evils than the practice they are superseding. The real philosophy of acquiring healthy and happy existence is to live cleanly, pure and active lives by the rules so well set forth in the pages of *The Herald of Health*, and we shall be well advised to bear such slight ailments as trouble us from time to time, and take Lord Kelvin's advice to heart not to extinguish nature's danger signals by drugs. Wise words indeed, and well worthy of being deeply pondered.—*The Herald of Health*.

THE ADVANTAGES OF THE VEGETARIAN DIET.

BY OTTO CARQUE.

There prevails a widespread opinion that meat is essential to bodily and mental vigor, and that the Anglo-Saxon and Teutonic races owe their prestige to their carnivorous habits. But scientific researches, as well as many practical examples have proved that the food value of meat is very much overestimated, and that remarkable feats of both mental and physical endurance are done by those who abstain from flesh foods altogether, or at least use them very sparingly.

The rise of so many false criticisms of vegetarianism must be attributed to the fact that people who have discarded meat from their bill of fare without finding any improvement of their health, have but little knowledge of chemistry and physiology. Simply eschewing flesh foods is by no means a panacea for all evils as long as other important factors regarding hygienic living are neglected. All those who wish to make a change for the better in their dietetic habits should carefully study the laws of nature, the eternal fountain of truth and wisdom, and not blindly follow every new fad or religion that turns up now and then.

Life is electricity; in regard to the bodies of animals, and especially the human body, it mainly depends on the electrically acting brain, with its nervous system, and on the action of the heart, with its arteries, veins, and capillaries. Our vital force is produced

by an uninterrupted burning of nerve fat (lecithin), which has been brought to a state of electrical tension. As common oil burns in the wick of a lamp, so does nerve-oil burn in the numerous fine ramifications of the wick-like nerve fibers, by means of the oxygen, which the arteries supply. The function of the heart, which is set in motion by the electric force of its nerves, is similar to that of the water chamber of a steam fire-engine, the contents of which are forced forward through tubes. In this way the lung, or arterial blood reaches the remotest parts of the body, and there oxidizes the fat of the nerve points by means of the oxygen carried from the lungs. This process of combustion furnishes the main source of mental and muscular energy in air-breathing animals. Ability to work and pleasure in activity are in the main due to the abundant breathing of pure air, rich in oxygen. On the other hand, inadequate respiration is the cause of many ills, both mental and physical, which man is heir to.

Equally and even more important than air for the preservation of health and vitality is sunlight. The sun is the great and ultimate source of all power, from which plants directly and animals indirectly derive their growth and propagation. By means of solar light and electricity the elements of air, water, and earth are combined into the

organic substances of the vegetable kingdom, which is the storehouse of all nutrition. Plants really are accumulated sunshine; they practically store up the electrical and chemical energy transmitted by the rays of the sun, and if we consume these plants or their fruits, this energy is transferred to our system, where the complicated organic substances, having served their purpose of sustaining vitality, are again broken down into the waste products of animal life (carbonic acid, urea, etc.).

More than other products of the soil fruits enjoy a free and uninterrupted exchange of the influences of light, heat and atmosphere. Vitality is thus stored up in fruits in a high degree, and while we cannot grasp or determine this subtle power by chemical analysis, we can feel its enlivening effects through our whole system. Flesh foods can never impart this beneficial influence to our system, because they are devoid of the imponderable, vitalizing properties which have been lost by the oxidizing processes going constantly on in the organism. How different is the effect of a dinner consisting mostly of highly seasoned viands and a simple meal of luscious fruits and nuts. The one makes us dull and drowsy, overtaxing our digestive organs, while the other one is really refreshing, enabling us to perform severe mental and physical work with but little rest.

The advantages of a vegetarian diet for man become still more evident when we consider the chemical composition of the different food materials, and the relation of the various elements to the physiological functions of

our organism. The building up of our body proceeds in accordance with the general law of growth and life, which is founded on impulse to formation (production), and to renovation of material already used or old. If the material which is consumed is not adequately replaced, our mental and physical powers will gradually diminish. Physiological text-books tell us that man requires each day so much protein (albumen), so many carbohydrates, (starch, sugar), so much fat, and so much water, while very little attention is paid to the mineral elements, as sodium, potassium, iron, calcium, sulphur, phosphorus, magnesium, silicon, chlorine, fluorine, and manganese.

The daily amount of protein necessary for the average man is given as high as four or five ounces, because it is falsely regarded as the principal source of muscular energy. Scientific investigations carried on during a large period of time have, however, shown that man can get fairly well along with about one ounce of protein daily, as even at the most strenuous work, the body does not consume any more protein than when at rest. Heat and energy are chiefly created by the combustion of fats and carbohydrates, which we find in the most assimilable form in nuts and fruits. Indeed, the human body has its principal source of energy in the sugar which the rays of the sun have built up in the products of the soil. A judicious combination of plant foods supplies not only a more than sufficient amount of protein, which is free from the waste products of animal life, but also the needful organic salts. The latter are of far greater importance for the growth and perpetuation

of life, and in the performance of the various physiological functions of the organism than it has been hitherto supposed. While the mineral elements make up only a relatively small part of our food, they are nevertheless very essential constituents, indispensable for a healthy and adequate nutrition; in fact, we may truly call them "the building stones of the body." The process of assimilation which is effected by an exchange of fluids through the cell walls is based on electrolysis going on in millions of invisible batteries by the play of electrically-charged molecules, whose negative and positive effects depend on the presence of certain organic salts. Experiments proved that animals fed by compulsion on food freed from mineral matter died sooner than those not fed at all.

Another point remains to be mentioned here which can never be too strongly emphasized. The mineral elements can only be assimilated by our system in an organized form, such as they are contained in all natural foods in which they are chemically associated with other nourishing ingredients during the time of the growth of the plants. Mineral waters and artificial preparations, like extracts, proprietary medicines, etc., which contain these elements as proximate principles, are of no value for our nutrition.

The different anatomical parts of the animal body require different elements for their growth and development. To enjoy perfect health our food must contain all these elements in the right proportion. In my pamphlet, "The Folly of Meat-eating," I have presented a table giving complete analysis of the different mineral elements

in numerous foods. From this table it appears that fruits and vegetables contain these elements in far better proportions than meat, in which only phosphate of potash is predominant, while it is deficient in calcium, iron, sulphur and sodium. Carnivorous animals which devour their prey with skin, bones, tendons, and blood are able to extract those elements from their nourishment, as their gastric juice is about six times as strong as in man. But even carnivorous animals cannot thrive very well on butchered meats; in captivity they soon lose their teeth, and are afflicted with various diseases.

The most important point in our nutrition is the chemical combination of the respired oxygen with the venous blood; this is effected by the iron and sulphur contained in the red blood-corpuscles, which cannot be replaced unless our food contains these elements in adequate quantity. The sodium of the blood plasma, on the other hand, combines with the carbonic acid which is constantly created by the oxidizing processes in the tissues and discharges it through the lungs. A deficiency of these elements in our food causes an abnormal and impure state of the blood, and the numerous pathological conditions arising therefrom. Sodium further serves for making the calcium and magnesium phosphates more soluble in the serum of the blood. Calcium and magnesium are indispensable for the formation of bones and teeth.

Plant foods contain the necessary organic salts in far better proportions, and naturally in a much purer form than flesh foods. Meat is at the very best a one-sided, and at the same time

expensive food-material, insufficient for the formation of healthy blood. Even if taken under the most favorable conditions, from perfectly healthy animals, it is contaminated by the effete and poisonous matter which is constantly created in the tissues of the body. Fruits and vegetables are especially rich in those elements which are necessary for the oxidation and purification of the blood, and the formation of a sound bodily structure.

In selecting and preparing our food we should, however, bear in mind that we cannot improve on nature, and that everything that we can relish in its natural state is best adapted for the

nourishment of our body. Excessive cooking of our food reduces most of their mineral constituents into the unorganic state in which they are useless for our nutrition.

Natural or uncooked food has another advantage: it requires thorough mastication, involving a copious flow of saliva, which in turn aids digestion and assimilation. All advocates of a natural diet should emphasize this point particularly, as it is beyond question that a large part of improvement manifested in the condition of men who desert the ordinary cooked dietary for more natural foods is due to the perfect mastication that these foods require.

CONSTIPATION.

By A. P. REED, M.D.

Of great importance in the treatment of constipation is a proper regulation of the diet.

This is no new statement, but one which needs frequent and forcible repetition to impress it upon each generation.

Habitual constipation depends generally on deficient secretion of the muscular layer of the intestines, owing to torpor and inactivity of this part of the anatomy, as well as of the liver, the intestines having lost tone.

Among articles of diet best adapted to this condition may be mentioned cracked wheat and whole wheat foods generally, corn bread, oatmeal, green corn, tomatoes, celery, lettuce, prunes, plums, string beans and green peas.

Some who are troubled with constipation to a moderate extent are able

to overcome it by the daily use of almonds and raisins, say six or eight of each for dessert.

If a patient with constipation has piles—that common sequence of this difficulty—I would advise the use now and then of injections of warm water.

Most people of constipated habit do not drink enough water.

A glass of hot water in the morning, and several glasses of cool water during the day will help out a good many of these people.

Whatever the treatment, one should not forget the importance of regularity in attending to the calls of nature, to induce the proper habit.

Stout people with large pendulous abdomens often find an abdominal supporter an advantage.

"REJUVENESCENCE A LA MODE."

BY KATHERINE CLARKE.

An old man, sad and weary, sat beside his open grate,
Feeble, bald and very tremulous was he.
Gloomy spectres hovered o'er him, as he moaned his luckless fate,
When a picture grand and fair he chanced to see.
'Twas of Madame Rosy Posy, on a daily's beauty page,
And it set his latent energies alive,
As he saw that form voluptuous, and marvelled at the age,
For this creamy, peachy girl was forty-five.

Then he read how, at her villa, she slept in open air,
Often waking 'neath a blanket of pure snow,
Feeling every day more youthful, growing every day more fair.
Quoth the old man, "Holy smoke, can this be so?"
Then he ordered up his servants, for of relatives he'd none,
"Make my bed out in a snowdrift," thundered he.
Amazing, they obeyed him, yet they whispered one to one,
"He will die to-night of pure senility."

Next morning, oh, so early, he sprang from out the drift,
Stalwart, handsome, full of vigor, debonnair,
Lips and cheeks were ripe and rosy, muscles full of vim and thrift,
Flowing from his head a mane of silken hair,
His false teeth lay in the snowdrift, while a presidential set
Shone from his mouth, beneath a dark mustache.
"Holy smoke!" again he uttered, "I'm a beau ideal yet,
I must curb myself or I'll do something rash."

Joyed so at the transformation that he scarce knew what to do,
He clothed himself in colors gay and bright,
And unto the Madame's villa, in a railroad train, he flew,
Safely reaching there before another night.
There's a sequel to this story—just three moons have passed away,
And there's nothing now for him but happy hours.
He and Madame Rosy Posy were wed the other day,
And they're sleeping out beneath the springtime showers.

EDDYISM VS. HUMANITY.

The editorial columns of the *Buffalo Medical Journal* relate this incident:

A trained nurse, Miss A., slipped on the icy sidewalk at Elmwood avenue and North street, Buffalo, Sunday night, February 28, and fractured one of her legs. She was assisted to the steps of a house in front of which a carriage was waiting. A passer-by rang the bell and asked if the carriage might take the suffering woman to her home, a short distance away. Permission was refused, because the residents of the house wanted to go to church in the carriage, and Miss A. was allowed to sit on the steps in water-soaked

clothing without the slightest offer of assistance from the people in the house, which is occupied by the first reader of a Christian Science church, who swept by Miss A. without so much as looking at her. That is Eddyism or Christian Science. Across the street lives Mr. H. His son came from the house to mail a letter; he saw the injured woman and went to her with offers of shelter and assistance. That's humanity. And there is a wide difference between Christian Science and humanity. One is a selfish, narrow-minded fad, the other is real Christianity.

Demme, a noted statistician, made a special study of the hereditary influence of alcohol on children. He selected two groups of ten families each, living under the same conditions and circumstances, with the exception that one group was addicted to the use of liquor and the other was temperate. He observed them for a period of twelve years, paying especial attention to the health and life of the children. To the intemperate families fifty-seven children were born, and of these twenty-five died within a few weeks of birth, six were idiots, five poorly developed physically and mentally, five epileptics, six deformed, and only ten could be considered healthy.

To the other families sixty-one children were born, and of these five died within a few months of birth, two had St. Vitus's dance, two were very backward mentally but not idiotic, two were deformed, and fifty were perfectly normal and healthy. Bourneville studied the cases of 1,000 children in Bicotre, an institution for epileptic and feeble-minded children, and found that six hundred and twenty of them came from drunken families. Dahl of Norway reports that from fifty to sixty per cent. of the children in such institutions come from families where one or both parents are addicted to the use of liquor.—*Exchange*.

A scientist, who has investigated the matter, states that men who are employed in the Paris sewers are as healthy

as the average person, and no other 800 men, in that city are so free from zymotic diseases.



CONDUCTED BY HARRIET HEMIUP VAN CLEVE.

APRIL.

Every tear is answered by a blossom,
Every sigh with songs and laughter
blent,
Apple-blossoms upon the breezes toss
them,
April knows her own and is con-
tent.

Thank God every morning when you
get up that you have something to do
that day, which must be done, whether
you like it or not. Being forced to
work, and forced to do your best, will
breed in you a hundred virtues which
the idle have never known.

When shine and shadow play across
the sky,
And daisies hold their haloed heads on
high,
Then all the earth is as a little child,
Smilingly tearful, boisterously wild.
Then drops the hush of years from off
the soul,
And long-lost freedom in us seem to
sing;
Ah! earth was sick, but spring has
made it whole,
And life was old, but childhood comes
with spring.

Fashion has decreed that it is quite
the thing to return to simple pleasures.
High thinking is just now quite the
mode. There are already many per-
sons who live in magnificence and
luxury who feel a revulsion against ex-
travagance, and are tired of mere show
and display. Charles Wagner says,
"Simplicity is a state of mind. It
dwells in the main intention that ani-
mates us. A man is simple when his
highest desire consists in wishing to
be that which he should be, that is to
say, a true and honest man."

This is neither as easy nor impossi-
ble as one might imagine.

Aspirations and acts should be in
accord with the law of our being, and
in consequence with the Eternal in-
tention which willed that he should be
at all.

In all life we observe a certain quan-
tity of force, and substances associated
for one aim. Materials more or less
crude are then transformed and car-
ried to a higher degree of organism. It
is not otherwise with the life of man.
The human ideal will be the desire to
transform life into something better
and grander than itself.

"We bring with our birth different
gifts. One has received gold, another

granite, a third marble, and the most just wood and clay. Our task consists in fashioning these materials. All know that they can spoil the most precious substance, but also that they can wrest an immortal work from valueless material. Real life consists in realization of the higher virtues, which are justice, love, truth and liberty, and moral energy in our daily activities, whatever may be their place or their exterior forms. And this life is possible in the most diverse social conditions, and with the most unequal natural gifts. It is not fortune, or personal advantages, but the turning of them to account which constitutes the value of life. Renown adds no more than does the length of days. The quality is the principal. One does not reach this point of view without a struggle and some effort. The spirit of simplicity is not an inherited gift, but the result of a laborious conquest. 'To live well, as to think well, is to simplify it.'

USEFUL HINTS.

In putting away a white silk or muslin gown it is a good idea to place in the box several cakes of fine white wax. Wrap the gowns and the wax in plenty of white tissue paper, and put blue paper over all. The wax will turn quite yellow in time, but the clear white of the gown will be preserved.

Javelle water should be in every laundry. It is very effective in keeping table linen as well as white clothes free from fruit stains. A small teacupful of the fluid added to a boiler of water will assist materially in keep-

ing the clothes white, and will not injure them in the least. The most obstinate stains of fruit, tea, coffee, etc., in the table-cloth and napkins will usually yield to an application of one part of javelle water diluted with four parts of soft water. If the stained article is soaked in the fluid for several hours, then thoroughly washed and rinsed, it will usually come out perfectly clean and white. Only white goods can be treated in this way. Javelle water can be made at home, making it less expensive than buying it. It is made as follows: Place four pounds of bicarbonate of soda in a large granite or porcelain-lined pan, and pour over it four quarts of hot water. Stir with a stick until the soda has dissolved, add a pound of chloride of lime, and stir until this also has dissolved. Allow the liquid to cool in the pan, strain the clear portion through thin cloth into wide-mouthed bottles or jugs, and cork tightly for use.

A soft silk handkerchief should be kept for dusting old mahogany. Occasionally a wax brush dipped in a little turpentine and beeswax should be rubbed on the furniture. All mahogany, old or new, should be finished with wax.

Lemon will remove fruit stains from the hands and discolorations from under the finger nails very quickly.

Equal parts of water and vinegar will remove fly stains from furniture. Apply with a soft woolen cloth and rub dry.

A damp woolen cloth dipped in dry table salt will remove all traces of egg stains from silver.

Machine-oil stains are easily taken out if they are rubbed with fresh lard before being wet.

Matting on the floor may be freed from stains with oxalic acid. Dissolve a teaspoonful of the crystals in a pail of clear, warm water; wet a woolen cloth with the solution, and rub the spots. Then take another pail of clean water, and a handful of table salt, and wipe the whole floor over again.

This same recipe will be found good for cleaning straw hats, using an old tooth brush instead of a cloth to apply the liquid. Dry in the sun.—*Harper's Bazar.*

Vinegar and salt will remove stains from brass. Make it into a paste and apply it with a piece of flannel; rub it off with a dry piece of flannel.

Pour boiling water on linen where tea has made stains, or fruit, and they will generally disappear. If this will not remove them, pour whiskey over the spots, which is generally effective.

“Just the wee cot—the cricket’s
churr—

Love and the smiling face of her.”

RECIPES.

FARINA GEMS.

Beat two eggs without separating, add to them one cup of cold boiled farina or rice, one tablespoonful of melted butter, one cupful of milk, and

one cupful of flour; beat thoroughly. Add two level teaspoonfuls of baking powder, half teaspoonful of salt, fill greased gem pan two-thirds full and bake in a quick oven.

English walnuts and potatoes make a savory salad. Break each into pieces the size of a pea. Then cover with any good salad dressing.

An Italian chef derides the American manner of preparing the dressing for lettuce, by which a large part of the oil and vinegar is left in the bottom of the dish. His method is to put the salad in the bowl, and turning the leaves with one hand, cover them slowly with oil until every leaf glistens. He then seasons them with salt and pepper, adds a few drops of vinegar, gives a last stir and serves his salad at once.

Water-cress salad may be served simply with salt or with a French dressing. The addition of a few slices of sour apple is deemed by many an improvement. This is a Normandy fashion. Wash the cress very carefully sprig by sprig, and drain. Peel and core and cut in halves two or three tart apples. Dress the cress and apples separately and combine them just before serving.

Cut cabbage into large pieces and parboil it in two waters in which soda the size of a pea has been dissolved. Then rinse it thoroughly, put it into hot water and boil until it is tender. Cover with white sauce and serve hot. A blind man would mistake it for cauliflower.

CONCERNING WOMEN.

Queen Wilhelmina of Holland is making money by selling milk and butter. As a child Wilhelmina kept chickens. She fed them, had pet names for them, and incidentally made pocket money out of them.

Miss Susan B. Anthony has presented the Congressional Library at Washington with hundreds of letters from many noted men and women of the last century.

A statue of Frances E. Willard has been placed in the Statuary Hall in the National Capitol. It is in a niche close by the figure of Washington. The gift of this statue was from Illinois to the nation, and was formally accepted by Congress. The school children of Washington visited Statuary Hall. Each child placed a flower at the base of the statue, and received a medal commemorating the event. The statue represents Miss Willard standing, the hand resting upon a reading desk. She has a few pages of manuscript in her hand, as if about to address an audience. Miss Mears is the sculptor. Augustus Saint Gaudens, former instructor of Miss Mears, speaks of the work in highest praise. The pedestal is Vermont marble, and bears the following inscription:

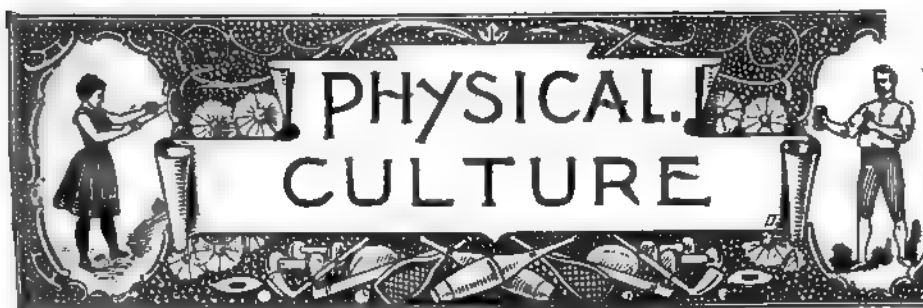
"Ah! it is women who have given the costliest hostage to fortune. Out into the battle of life they have sent their best beloved, with fearful odds against them. Oh, by the dangers they have dared, by the hours of patient watching over beds where helpless children lay, by the incense of ten

thousand prayers wafted from their gentle lips to heaven, I charge you give them power to protect along life's treacherous highway those whom they have so loved."—FRANCES WILLARD.

The material for Mrs. Roosevelt's inaugural gown was of home manufacture. The pattern was especially designed and woven by a Paterson silk manufactory, and after the quantity needed had been woven the design was destroyed. This will therefore be the only gown of this pattern in existence. The materials cost upward of \$700, and the whole costume when completed cost \$1,200. Miss Mary Fitzgerald, of New York City, made the gown.

Sing, heart of mine,
And let the wondrous
Music of thy voice,
Fill all the world with light.
Sing and rejoice!
For in thy Risen Lord,
Love hath dispelled
The thought of night,
And blessed hopes upspring,
Like fragrant flowers
From the awakened sod
Trembling with new vibration
At the touch of God.

There is no death,
For life and love
Are His dominion,
And every breath
Of holy aspiration,
But draws our spirits
Unto His; and we
Are Risen indeed
To immortality.



CONDUCTED BY PROF. ANTHONY BARKER.

EXERCISES FOR WOMEN.

Suppleness and Graceful Poise of Shoulders and Upper Body.

Photographs specially posed by Miss Edna Tempest, "The Up-to-Date Athletic Girl."

As has been pointed out in one of the earlier articles of this series, the ideal physical condition does not mean simply the possession of strength, health and endurance, but included also the ability to use these qualities. The quality of motor competence, or skill, has a great deal to do with the actual development of strength and health. The real cause of failing health in persons who do not exercise is often that the muscles are no longer under the control of the nerves. It seems strange that training the eye in judgment of direction, speed and distance should affect the general health, yet it is a proven fact that it does. So I want to impress upon you the necessity of working not only with the purpose of developing strength, suppleness and endurance, but also dexterity in many different things. Our lessons with the medicine ball and the dancing steps had also this object in view. Apply this idea to everything you do, whether it is exercise or art or house



EXERCISE I.



EXERCISE II.

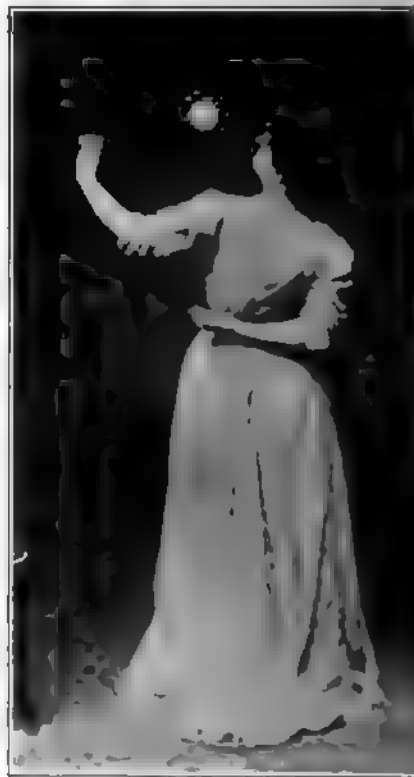
work. If you are laying the table or plying the needle, try to do it with no waste motions but with the greatest *dexterity* you can command. There is a certain soda fountain in New York City where four men work busily day and evening serving their cooling wares to the thirsty crowd. These men are evidently selected not alone for their speed but for their *dexterity*, I may even say their *style*. Not a motion is wasted, and their work is like a skillful juggler exhibiting his skill upon the stage. Now it is this quality of *style* and *dexterity* of movement that I want to impress upon my pupils.

In this lesson I have prepared for

you a series of exercises especially calculated to cultivate dexterity. The apparatus for this lesson will be a light ball of any kind, such as may be purchased for a few cents in any shop.

EXERCISE I.

Catching the ball on the back of the hand. Toss the ball three feet above the head and receive it as it comes down on the back of the right hand. The position of the fingers is as shown in the photo. If you hold the hand rigid as the ball falls upon it, the ball will surely bound away. You must lower your hand rapidly in accordance with the motion of the ball. In



EXERCISE III.



EXERCISE IV.

One day's practice will enable you to catch it almost every time. Having caught it, let it roll off the end of your fingers, follow it down, and catch it on the palm of the hand. Practice as with the left as with the right.

EXERCISE II.

Passing the ball from one hand to the other. Hold hands up and far apart as in photo, and toss the ball in a circle from one hand to the

EXERCISE III.

Passing ball over left shoulder with right hand and reverse. Swing the right hand behind the back, tossing the ball forward over the left shoulder, and catching it with the right again in

front of the body. Practice this equally with the left hand.

EXERCISE IV.

Tossing ball over right shoulder from behind, with right hand. Give a quick hitch with the shoulder, bringing the right hand up to the rear so as to send the ball up and forward over the right shoulder. Catch in the left hand and repeat.

EXERCISE V.

Juggling two in one hand. Hold the two in the right hand, toss up one, and before it falls, toss up the other; catch the first and immediately toss it up again before the other falls. You will see that one may be kept always to



EXERCISE V.



EXERCISE VI.

the left, and the other to the right, or the ascending one may be always on the right or always on the left. Practice equally with the left hand.

EXERCISE VI.

Juggling three, simplest movement. Hold two in right hand and one in left, toss one from the right hand to the left, like Exercise II. Immediately toss the one from the left hand toward the right, so that it will pass under the one just thrown. Catch the first in the left hand. The third ball must then be thrown from the right so the right hand will be empty to catch the ball approaching from the left.

I have for some years past been compelled by facts which are constantly coming before me to accept the conclusion that more mischief in the form of impaired vigor and shortened life accrues to civilized man from the erroneous habits in eating than from the habitual use of alcoholic drinks, considerable as I know that to be.—*Sir H. Thompson.*

Modern science has brought to light the fact that worry will kill. The way in which it kills is stated to be that worry injures beyond repair certain cells of the brain. The brain being the nutritive centre of the body, other organs become gradually injured; and when some disease of these organs, or a combination of them, arises, death finally ensues. Occasional worrying the brain can cope with; but iteration and reiteration of one idea of a disquieting sort the cells of the brain are not proof against.

When the eyes ache, close them for five minutes. When they burn, bath them in water, as hot as can be borne, with a dash of witchhazel in it. After weeping, bathe them in rose water, and lay a towel wet in rose water over them for five minutes. When the whites are yellow and the pupils dull, consult your doctor about your diet.

The starfish has no nose, but the whole of its underside is endowed with the sense of smell.

NERVOUS MEN.

By G. H. CORSAN.

Nervous men, yes; who are they? Let us be easy and say two men out of three. In some boarding houses I found congregated as many as thirty young men, and after a close inquiry I found only three out of the thirty who were not being humbugged out of their money by electric belt and vitalized medicine sharks. Now, fancy \$20 for an electric belt worth nothing, no more than if you tied a string around yourself or painted a belt around your skin? It matters not whether there is electricity in it or not, neither does it matter if you have faith in it, it is all the same—it is no good whatever. As for those medicines that are advertised to stop night losses, they are generally composed of shoe blacking coated over with white, pink or black candy. Then there are those local crayons that are applied to the spot! enough to make a pig laugh if it was not for the fact that the young men of America have spent millions of dollars annually and only to be humbugged and disappointed to the verge of suicide in their endeavor to find relief from a state bordering on Hades. Many hundreds of thousands of dollars are annually spent by these numerous fake concerns in advertising for dupes, who seem to be terribly anxious to get relief. They see a picture in the paper—that is like me. Then they read—my, but those are my symptoms exactly! Then they read again—then they write. Ah, I have a

bite—a sucker is on my hook! Then they haul in all the money they can out of him, and when they find him dry, they trade his name off to another firm of sharks, and so on to the end. Perhaps in his distraction he calls on a regular doctor, who gives him some bitter drugs to take and then prescribes a low diet, and tells him to get married or visit objectionable places for relief. Or perhaps the doctor may have his own original ideas, and prescribes bovril, eggs and whiskey, and then whispers to him that he will be all right in a day or two, as he only required nourishment!! But perhaps the doctor may be a chemical crank, and will prescribe food for the nerves, such as celery; medicine, such as phosphates, or coolers, such as the bromides. Then again the sufferer may come across a wandering phrenologist, who reads his head and informs him of his weakness, and—for so much money—he tells him to read O. S. Fowler's work; then he generally sells the work to him "at a very great reduction;" then he prescribes bathing, exercise, and so forth.

Reader, did you ever read history? Probably you remember how hungry, half-fed races of men fell upon the plethoric, over-fed races and killed them? Remember how the Scotch, Danes and Norsemen harassed the fat, sleek English? What was it that made the Scotch and Irish of half a century ago so strong? It was because

they were only half-fed; they were always hungry and never satisfied.

A man traveling through the country wondered why a certain well had so much taste; so, to find out the root of the matter, he pumped the well dry and then descended the ladder he placed in it. He groped around with the aid of a lantern and discovered numerous dead rats, mice, frogs, toads, and even a lizard, all of which had fallen in through a defective platform fitting and got drowned. Now, this is what gave the water the flavor, and by getting down to rock bottom he found the cause; there was nothing more to know but the cause and the removal thereof.

I use the above short illustration in order to bring you to the point, for a point there is, *i. e.*, why are men nervous? Because they are constipated. Constipation is an abnormal condition that causes pressure, and the pressure affects the parts locally, causing increase and stagnation of blood throughout the whole pelvic region affecting the prostate gland, the urethra, the bladder, and the reflex condition on the mind is lost. Only the sick man is lustful. O. S. Fowler, in a work of many hundred pages, tells men that all they need is "the right woman," "one whom you can love." Bosh! All you need is an enema; wash the dirt out of you, then live on the proper food of man and not on the food of weasels, mink and pigs.

Some nervous men have reduced this feeling to a religious science, and turned Mormons. What they required was a change of diet and a fast.

The average American citizen is fed to death. Fasting and purification is

what we all require, and not electric belts or drugs in order to relieve that "burning."

In my opinion, an internal bath is much more necessary than an external one. Clean yourself out and wash your feet, then live largely on light food such as raw fruits and less meat, puddings and cakes, and you will forget those "regrettable incidents" to the thing of the long, distant past.

Now, I believe in short papers, before I leave this subject I must tell you what a nervous man should be fed on, or I will be plagued with a mass of letters asking for further particulars.

MORNING.

Get up early and play or work until nine. Then take a plain breakfast of rice boiled in pure water, *without* flavor with sugar only. A few figs and dates.

NOON.

Never eat at noon; it is a dyspeptic habit. Rest both body and stomach either by a short nap or interest in reading; at any rate, change from your usual work. If you are an artist, paint; if a singer, sing.

LATE AFTERNOON.

Take a good meal of plain food, such as new-made whole-wheat bread, unsalted butter and any raw fruit in season. Drink no milk, tea or coffee but grape juice or apple juice, at the end of the meal.

NIGHT.

Take a few tart apples or oranges and then feed on fresh air until morning.

Now as to exercise, never go out of your room and exercise alone with

dumbbells or any special apparatus. Fanning air is only a crazy man's occupation, and the muscle you make will do you no good; it is what I call dead muscle. But put on the gloves, or wrestle, or play basket-ball, water polo, lacrosse, or saw wood, dig a drain, or go to a dance. Only a crazy man will play by himself. The spiritual and healthful value of friendship will do more to remove nervousness than all the lone apparatus yet invented. When a man is alone he should be with God, but the nervous man has not strength enough to throw the devil off, so he had better go with his fellowman—have a chum, is my advice.

As for love and lust. Love springs out of the pure body. It comes of its

own accord. The subject who keeps his body pure has not the labor to resist lust, for it comes not to the pure, and there is no temptation to resist.

But a word to the wise. To-day is the most extraordinary time in the world's history, and Nature is terribly busy killing off the fools—be not among the number.

As for those subjects who have gone so far as to reach the lunatic asylum, I feel sorry for them, for, as far as I have been able to investigate, the asylum authorities know almost nothing about the rational treatment of neurasthenia. They are a crowd of grafters, who are probably very sorry that they have their miserable occupation of caring for the insane.

HOW SHALL WE ORDER THE CHILD?—NO. 3.

BY JAMES DUNCAN.

We promised last month to attempt to show the pernicious effect of wrong training and its far-reaching influence.

Children whose training has been wrong or neglected altogether, have had much to do in multiplying the sorrow of this world. Take, for instance, that wicked King of Judah, Shaziah, whose "mother was his counselor to do wickedly." Sorrow and difficulty were multiplied unto his house until it perished from the earth. (See 2 Chron., 22d chap.) This is a case of *wrong* training.

For an instance of *neglected* training, take the case of Eli, a priest who ministered in the sanctuary when Samuel was a child. This man was a good man.

Only one fault is found with his life. The charge is made by God Himself, as follows:

"I have told him that I will judge his house forever for the iniquity which he knoweth; because his sons made themselves vile, *and he restrained them not.*" (2 Sam. 3:13.) He had heard of their doings, and instead of restraining them, as he had power to do, being the priest, he weakly remonstrated with them like this: "Why do ye such things? for I hear evil words of you. Nay, my sons; for it is no good report that I hear; ye make the people cry out." (Chap. 2:23-24, margin.) The family of Eli passed out of existence because of neglect to train his children. Not only that, but

these sons brought reproach upon the priesthood and upon the service of God by taking advantage of their influence as priests for gain and lust.

And now we come to the question, How shall we discipline our children? To what limit can we go in restraining them? Some claim, Rule by Love. Others say, Use the rod. Still others have claimed that to gain obedience by offers of rewards will be better. One thing is certain: there should be some method of instilling into the minds of the present rising generation reverence for parents and respect for holy things. As the Prophets have foretold of the latter days, "The child will behave himself proudly against the ancient" (Isa. 3: 5), and "set light by father and mother." (Ezek. 22: 7); and verily the sayings are fulfilled in this generation. So some method must be adopted by which at least *our* children, dear reader, will be delivered from this present evil inclination and be trained for usefulness in the world.

Inasmuch, therefore, as "foolishness is bound in the heart of a child" (Prov. 22: 15), and as "a foolish son is the calamity of his father" (Chap. 19: 13), and is "the heaviness of his mother" (Chap. 10: 1), it is necessary to use some means to "drive it far from him." So with this in mind, allow me to shock some of my readers by quoting the entire verse of Prov. 22: 15: "Foolishness is bound in the heart of a child; but the rod of correction shall drive it far from him." This is a promise akin to that of the 6th verse of the same chapter, and should be taken together with it. The "foolishness" spoken of here is not that of a weak mind, but the foolishness of sin as contrasted with the wisdom of God. It is this foolishness that is naturally bound

up in the heart of every child; because they are "shapers in iniquity" and conceived in a sinful age (Ps. 51: 5).

And the "rod of correction will drive it far from him." Some folks are "tender-hearted" that they would rather see their children grow up "behave themselves proudly against the ancients and in rebellion against God, and to be finally lost to them forever, than to apply the rod of correction in childhood. I claim that their love is so great for little ones that they cannot bear to strain them. But listen: "He that smiteth the rod *hateth his son*, but he loveth him chastiseth him betime" (Prov. 13: 24). The word ending the verse is an obsolete term, meaning "early," and in this connection meaning "early in life." The *true love* of parents will look ahead to the time when their child will have to stand amid temptation and wickedness and will take notice of the faults and weaknesses of their spring and make diligent and intelligent effort to correct them. Let us say again: "The *rod and reproof* give dominion; but a child left to himself bringeth his mother to shame" (Prov. 29: 15). Not the rod only, but the "*rod and proof*." If reproof is not sufficient, we have sufficient interest in the future welfare of the child to use the rod, and use it well.

"A child left to himself bringeth his mother to shame." How often do we excellent parents ashamed and mortified beyond measure at the conduct of our children in the presence of strangers. To see conduct of this kind reminds us that the children have been left to themselves. In contrast to this verse, another in the same chapter: "Correct thy son, and he shall give thee rest;

he shall give delight unto thy soul" (verse 17). How proud of their work are the wise parents whose children embody all that is kind, cheerful and respectful! Such children are an heritage of the Lord—made so by the training of the parents. Such children make it possible to realize the possibilities of Psalm 113:9: "Be a *joyful mother of children.*"

But the great question, How young shall this training begin? still remains only partially answered. We learned that it should be begun "betimes," or early in life, and this agrees with "Chasten thy son *while there is hope*, and let not thy soul spare for his crying" (Prov. 19:18), or, as the marginal reading renders it, "Let not thy soul spare *to his de-*

struction," which makes it appear, as millions of cases have demonstrated, that lack of correction in childhood may end the soul in destruction. As Solomon puts it in another Scripture: "Withhold not correction from the child, for if thou beatest him with the rod he shall not die. Thou shalt beat him with the rod, and *shalt deliver his soul from hell*" (Prov. 23:13-14). So to conclude this article, let me appeal to you, parents, to "Suffer the little children to come unto Me, and forbid them not; for of such is the Kingdom of God" (Mark 10:14). We can "deliver his soul from hell" and "suffer the little children to come unto Me" by proper correction and training in early childhood and youth.

(*To be continued.*)

Prof. Harvey W. Wiley, having concluded his investigation of the effects of chemical preservatives in food products, has now turned his attention to the investigation of methods of preservation of food through the medium of cold storage. Dr. Wiley believes that certain foods deteriorate after being preserved for a certain length of time, and he recommends that under no circumstances should food be preserved for a longer period than one year. These experiments are to be conducted by Dr. Wiley in his own kitchen in the Bureau of Chemistry, and the work will not be concluded for another year.

Certain combinations of materials are manifestly iniquitous. Cooked fats, fried fats in particular; soggy bread, especially when fresh from the oven; hot cakes, viscid with griddle grease and swimming in butter; tough doughnuts, reeking with lard; leathery piecrust; underdone fish and rare pork and veal; cabbage that has been cooked in but one water; turnips that have been left in the ground until they are stringy pith; tough meats of all kinds that resist mastication; unripe fruits—none of these should ever enter human mouths, or be imposed upon the long-suffering digestive apparatus.—*Marion Harland's Complete Cook Book.*



QUESTION.—Some time ago, I received a book on Physical Culture, by Prof. Barker. Will you please let me know, through your valuable magazine, whether I take the exercises for the heart correctly? I take them once a day in the evening. I take them slowly and about ten minutes apart. Am eighteen years old. About how long shall I continue to take the exercises? Thanking you in advance, E. Irving, Chicago, Ill.

ANSWER.—There is no fault to be found with your method of taking the exercises, unless it be that you devote too much time to them, which is apt to make them seem wearisome. Allowing three minutes for each of the six exercises, with an interval of ten minutes between, would occupy an hour and eight minutes; while we think that five minute intervals are amply sufficient, which would reduce the time to forty-five minutes, approximately. It is, however, largely a matter of personal choice: but if not taken in the open air, a liberal amount of fresh air should be admitted to the room where the exercises are taken.

QUESTION.—If it comes within the scope of a HEALTH inquiry, will you kindly inform me how to remedy round shoulders—an unsightly affliction with which I am troubled. Yours respectfully, Grace Lockwood, Lowell, Mass.

ANSWER.—In the majority of cases, round shoulders are the natural sequence of weak lungs, consequently, the prac-

tice of deep breathing is the remedy indicated. Practise the following: the first thing in the morning, and the last thing at night (with nothing on but your underwear) stand with your back to the wall, and fill the lungs to their utmost capacity; then, retaining the breath, gently tap the chest all over with the open hands. Do this regularly night and morning, gradually increasing the retentions of the breath and the force of the blows as the lungs become stronger.

QUESTION.—In these days of advanced science in food matters, it is asserted, on good authority, that the eating of food taken from different parts of clean animals goes to strengthen corresponding parts of the human body. Kindly favor me with your opinion as to the correctness of this theory, and oblige, Yours, Geo. P. Harland, Hartford, Conn.

ANSWER.—Perhaps no greater fallacy has ever been foisted upon a credulous public than this absurd contention, "that every part strengthens a part." It is true that the cells of the body differ in structure in various parts of the organism, according to the functions they are called upon to perform; but their composition is practically identical, and the corresponding cells in the flesh of animals, after undergoing the process of digestion, will be appropriated by the economy and distributed generally, according to their constituents. We are aware that there are a large number of such preparations on the market and no doubt their sale

proves remunerative; but our candid opinion is, that for the accomplishment of the purpose they claim, they are utterly valueless.

QUESTION.—The water in this section is loaded with lime. Is it well to give such water only to children? Will it not harden the bones by depositing too much mineral in them and then not only retard, but dwarf their growth? Would not absolutely pure distilled water be better? Is not distilled water, on account of its solvent properties, better than boiled water? I do not ask this from mere curiosity; but am looking for enlightenment upon the subject. Very truly yours, Edwin Forrester, La Crosse, Wis.

ANSWER.—It is an established fact, that the inhabitants, or rather, the natives of mountainous districts, are invariably larger framed than the natives of the lowlands, and this is generally conceded to be due to the presence of an excess of lime salts in the available drinking water. We cannot remember to have ever heard of injurious effects resulting in such cases, unless excessive development of physique be regarded as an injury. It is true that the inorganic salts are contained in most food substances in greater or lesser proportions—wheat forming a notable example—and if everyone partook only of carefully selected foods, that offered the best proportion of tissue forming elements, the drinking of distilled water only by children would not be in any serious degree detrimental. But in the large majority of cases we believe the use of distilled water, exclusively, would tend to retard development, for it must be borne in mind that the proportion of inorganic salts required for the building of bone tissue, is in excess of the re-

quirements for the other structures, that is in young people. It is quite possible to err on the side of excessive precaution.

QUESTION.—I am greatly troubled with chilblains every winter, and should feel greatly obliged if you would give me some advice how to prevent them, and the best way to treat them if they persist in troubling me. I am, respectfully yours, Eleanor Perrin, Wichita, Kansas.

ANSWER.—Chilblains are created by sudden alternations of cold and heat. One of the most common causes is the abrupt warming of the hands or feet, after being exposed to extreme cold. To prevent them: Never approach a fire suddenly after being out in inclement weather. Warm hose and cork insoles for the feet, and double lined gloves for the hands will assist materially in preserving an equable temperature of the extremities. But above all, when cold, thaw out gradually. To cure them, when present, the stagnant blood must be set in motion, and for that purpose the best plan to pursue is to bathe the part in the coldest of water, followed by vigorous friction. If they are frozen, keep them covered with a cold wet compress, frequently changed.

QUESTION.—I had an argument recently about the following: My opponent asserted that a man is always shorter at night than he is in the morning. I claimed that the bones are like the beams and girders of a house; they can't shrink, so how can the body contract in height? Please tell me through your columns, if it is so, and if so, what is the cause of it? Yours expectantly, August Kirschner, Troy, N. Y.

ANSWER.—It is an undoubted fact that the body is shorter at night than in the morning, and this is due to the weight of the body compressing the inter-vertebral cartilages, small disks of cartilage that lie between the bodies of the vertabræ, and serve as cushions to protect the spinal column from shock and jar. During sleep or while in a recumbent position, the pressure being removed, their natural elasticity enables them to resume their normal size, consequently, the height of an individual will vary from three-eighths to half an inch, between morning and night.

QUESTION.—For several years I have suffered with my head. It is not headache. The base of the brain and circling up to the top, seems to be the seat of the trouble. The misery is now less than some years ago. It used to seem, if the skull were violently crushed and

scraped, that the misery would cease. My general health is excellent. I am a vegetarian. Never took a dose of drugs. The weight of my hair, jar-ring and certain motions of the head increase the misery. Can you tell me through your paper what the trouble is? G. R. M., Holyoke, Mass.

ANSWER.—From the fact that the general health is good, we are of opinion (from the symptoms) that it is a case of "cephalodynia," or myalgia of the muscles of the scalp; in fact, a species of muscular rheumatism. Treatment—Ironing the skin above the painful muscles, frequently affords relief. Turkish baths twice a week, and the daily use of the electric current should be employed. Keep the system thoroughly cleansed by "flushing." In severe attacks, take a hot bath, go to bed and apply hot wet cloths over the affected part.

BOOK REVIEWS.

POLITICS IN NEW ZEALAND. Vol. 6, No. 4, of the Equity Series. Being the Chief Portions of the Political Parts of the Book Entitled "The Story of New Zealand." By Frank Parsons and C. F. Taylor. Selected and Arranged by C. F. Taylor. Published by C. F. Taylor, 1520 Chestnut Street, Philadelphia. Published Quarterly, \$1.00 per year. Single Number, 25 cents.

To those sincerely interested in the welfare of the country, this book will be found of absorbing interest, chronicling, as it does, the emancipation of a country and people from the joint tyrann-

ny of capital and monopoly. The eyes of the world have long been turned toward New Zealand, chiefly, it must be admitted, on account of the treatment of the "strike" question there; but the settlement of labor difficulties by judicial decision is only one of the many blessings that have fallen on the land as the result of advanced and progressive liberalism. The Public Trust Office, the nationalization of Credit, the State Resumption of Large Estates, the Factory and Land Laws, are among the benefits that have accrued to the community, since the adoption of the new policy. The average American, who regards his

institutions as the most perfect kind, will find much to marvel and admire in this progressive antipopular Commonwealth. It is the policy of the Socialists to foster the confusion that exists in many minds between Socialism and Anarchy, for Socialism affords a lesson for the existence of the political system. If an object lesson is needed to multiply its beauties, it is afforded in the United States across the sea, for the conditions here are as near an approach to Socialism as the present generation is likely to see. If Life and Labor, the right of the Government, the right of the people, recognized and guarded by the law, together with annuities from the State for the aged poor, are not good evidence of Socialistic doctrine, we should like to see what is. As an educational work, we should like to see a copy of this book in the hands of every American citizen, not mere theorizing, but the actual results obtained from putting these chimerical ideas into actual practice.

When the whole world shall follow upon the lines now adopted in the United States, with amplification, it will be a ideal place to live in; but in the meantime, if you are interested in social reform, procure a copy of the book.

SOCIAL DIETETICS.—By A. L. Benedict, A.M., M.D., of Buffalo. Published by G. P. Engelhard and Co., Chicago, 1904. 383 pages, 45 plates and Diagrams. Price, \$1.75. As books along this line have been so scarce of late, that it would appear as if more could be said upon the subject, this book is so thorough and

comprehensive, that it demands recognition. It is not a book for the layman, by any means; but to the practical dietitian, its wealth of information, carefully compiled, will be found invaluable. The author has evidently spent much time in diligent research, especially regarding the composition of food stuffs; in fact, few edible articles seem to have escaped his notice. His deductions from the mass of facts he has industriously gleaned, are logical and tersely expressed, and will prove of great advantage to busy, practicing physicians.

ADOLESCENCE: ITS PSYCHOLOGY AND ITS RELATIONS TO PHYSIOLOGY, ANTHROPOLOGY, SOCIOLOGY, SEX, CRIME, RELIGION AND EDUCATION. By G. Stanley Hall, Ph.D., LL.D., President of Clark University, and Professor of Psychology and Pedagogy. New York: D. Appleton and Co., Publishers. Price, \$8.00. In 2 Volumes.

A most instructive book, dealing with the most important period in human existence and written by one thoroughly qualified, both by training and experience, to handle the subject. It is a theme, which in the hands of a less reverent person might easily be made distasteful; but the author has displayed remarkable tact and delicacy in dealing with the physiological changes that occur at that period, and also with the perversion and errors that may result. It is a book that should and doubtless will interest teachers, clergymen and thoughtful parents. It is an excellent biological study in itself.



PUBLISHERS DEPARTMENT

We are just getting into working order again after the serious interference with business occasioned by the recent fire that destroyed our printing plant. Thanks to the courtesy of brother publishers, in furnishing electrotypes for the advertisements, etc., and unremitting energy on our part, the March number was only twelve days late in making its appearance, and here we wish to place upon record our lively sense of appreciation of the whole-hearted sympathy extended to us by our co-workers in the publishing field. Nor was it a matter of idle words, for the proffers of actual help were so numerous as to be almost embarrassing. Some of them we gratefully accepted; but to all, we extend our heartfelt thanks. An experience like this strengthens one's belief in the innate goodness of humanity.

It has also been peculiarly gratifying to record the many letters of sympathy and condolence that have reached us from our subscribers and friends. It assures us of the friendly bond that exists between us and our readers, and will serve as an incentive to increase our exertions, that we may justify the good opinions that so many of our friends entertain of our publications.

I desire the HEALTH magazine another year I enjoy it ever so much, and I think

if more people would recognize the value of its teachings and the principles it advocates there would be less suffering of the human family. Mrs. Martha Bennett, Post Falls, Idaho.

HEALTH has been an inspiration to me and has always been read with pleasure and profit. Wishing you prosperity, and happy New Year, I am, yours sincerely, Mrs. A. D. Bird, Rockland, Maine.

Enclosed, please find slip and one dollar for renewal of my subscription to HEALTH. I cannot well do without it, containing as it does such needful knowledge. Each number is hailed with joy. It should be in every family. Thanking you for your many kindnesses, I am ever your friend, and may the All Good abundantly bless and prosper you. Wishing you a happy New Year, I am, sincerely yours, Mrs. E. M. Hooper, 274 Douglas St., Manchester, N. H.

Enclosed, please find one dollar for renewal of my subscription to your interesting and valuable magazine, HEALTH, wishing the publisher a good and happy New Year. Sincerely yours, Charles Lewis, 3718 Morgan Pond Road, St. Louis, Mo.

I am more than pleased with your magazine, for the information obtained therefrom has been more than ten times the benefit to me of its cost. Very truly, E. G. Spencer, Sheridan, Placer Co., California.

Enclosed, find renewal slip and \$1.00. I think it is, as you say, a profitable investment. I have been a subscriber to HEALTH, under its various names, a great many years, and think I owe my almost uninterrupted good health to its teachings. If there is anything better in the country, or world, I do not know it. Wishing you long life and success in publishing this invaluable magazine. I am, yours very truly, James H. Williams, 117 Commercial St., Adams, Mass.

ree Booklets

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HYGIENE IN LAUGHTER



Progressive Physician—"Well, my man, how are you to-day, better?"

Irritable Invalid—"No, worse!"

Progressive Physician—"That's encouraging; if you're no worse, of course you must be better."

The following is the "yell" of a Wichita, Kansas, class of nurse graduates. We heartily commend it:

Staphylococcus, Streptococcus,
Microbes all!

Sterilize and fumigate,
Watch them crawl!

Big germs, little germs,
Short and tall,

Fat germs, lean germs,
We kill them all.

Antisepsis, that's our call.
We're the largest class of all!

Customer (severely)—"Do you sell diseased meat here?"

Butcher (blandly)—"Worse than that."

Customer (excitedly)—"Mercy on us! How can that be possible?"

Butcher (confidentially)—"The meat I sell is dead—absolutely dead, sir!"

Mrs. Vernon Green—"Why on earth don't you get your husband to cut off his whiskers?"

Mrs. Smiffan Perle—"I wouldn't have him do it for the world. I want

him to let them grow and get them all out of his system."

A country doctor who was attending a laird had instructed the butler of the house in the art of taking and recording his master's temperature with a thermometer. On repairing to the house one morning he was met by the butler, to whom he said: "Well, John, I hope the laird's temperature is not any higher to-day." The man looked puzzled for a moment, and then replied: "Well, I was just wonderin' that myself. Ye see, he died at twal o'clock."

Dr. Budd—"I have been looking at some artistic interiors to-day."

Dr. Mudd—"House-hunting, or X-ray examinations?"

Mrs. Casey—"The doctor says ye have appendikites, Tim!"

Mr. Casey—"Och, Norah, Norah! Why wor ye so foolish as to show him yure bank book?"—*Judge*.

A Fort Worth druggist is in receipt of a curt and haughty note, in an angular feminine hand: "I do not want vasioline, but glisserine. Is that plain enough? I persoom you can spell?"—*Texas Medical Gazette*.

EDITORIAL DEPARTMENT

BY CHARLES A. TYRRELL, M.D., EDITOR.

Absolute cleanliness, both internal and external, is the golden key that unlocks the door of perfect health.

LV.

MAY, 1905.

No. 5

MAY AND MEDICINE.

May is here. The merry month of May. The month of flowers, the gladdest, merriest month in the year. Now, Nature invites all wearied souls to come into the open, and partake of the life-giving bounties she has prepared for them. Now, too, the patent medicine-vendor makes the bright landscape more luscious to a greater degree than his art, by mendacious assertions of the virtues of Spring medicines, displayed in gorgeous travesties in color. It is his best season, or one of them, for he has special arguments for Spring and Summer. What a satire upon the gullibility of the American people! Where did the idea originate, that the human system needed special attention in the form of medicine, at Springtime? Doubtless the old housewives, who inaugurate the custom of Spring housecleaning, not realizing that to keep the house always clean is a much better plan than to indulge in a periodical cataclysm of scrubbing and broom. But the sooner this custom is dissipated, that man requires the

intervention of the pharmacopeia because the sun has crossed the vernal equinox, the better for him. Go out into the woods and fields. Breathe God's pure, fresh air, and bathe your body in the glorious sunlight. That is the medicine provided by Nature, and all that is necessary for man. Avail yourself of it, and throw physic to the dogs.

RAILROAD HYGIENE.

It has so long been the custom to make New Jersey the butt of good-natured jokes, that the country at large has grown to wonder whether any good thing could come out of Jersey. Her lax corporation laws, and the eccentricities of Jersey justice have been mainly responsible for it, but it remained for the Central Railroad of New Jersey to institute a reform in the matter of car cleaning, which the other roads will do well to copy, as no doubt the pressure of public opinion will compel them to do, sooner or later. Most people are aware of the ordinary perfunctory method of cleaning cars, with sundry wild dashes

here and there with brooms and dusters, a method which was both unsatisfying and unsanitary, simply because it merely shifted the location of the dirt. The management have now instituted what is known as the Vacuum Sweeping System, which recently came into vogue in Great Britain for housecleaning, by which means every particle of dirt and dust is drawn from the car by suction. The company has erected a large vacuum plant in the yards at Jersey City, and has laid down a system of pipes, of from ten to five inches in diameter, aggregating a distance of about three miles. At intervals, there are connections to which a flexible hose is attached, so that it can be introduced into the car either by door or window. At the end of the hose is a metal pipe with a flat triangular end, with a slot along its base, through which the dust is drawn. This is passed over the entire interior surface of the car with the result that every loose particle is removed and conveyed to the main reservoir. Not only that, but the dust passes through two dust separators, the first of which clears the dust taken in of 90 per cent. of the refuse; while the second draws the air through water charged with corrosive sublimate, thus completely purifying it. This process is not only economical (for two cars can be cleaned at the same expense as one, under the old method), but is the most perfect sanitary arrangement that has yet been devised for the purpose. We heartily congratulate the management on its enterprise, and trust it will not be long before their example is followed by every traction company in the country.

RAILROAD CAR VENTILATION.

Yet another railroad falls into line, in

the matter of hygienic improvement, for the Pennsylvania Company is experimenting with a new system of car ventilation, the object of which is to get 60,000 cubic feet of fresh air into a car in one hour. What the process is, we have not learned; but it is claimed that it has been successfully accomplished. This is equally as valuable and important an improvement as that of the New Jersey Central's new car-cleaning process, if not more so, and it is gratifying to find that the great transportation companies are beginning to realize what they owe to their patrons. With these two important improvements in operation, railroad travelling will be robbed of a large portion of its disagreeable features, much discomfort will be obviated, and, doubtless, much sickness averted. In the sleeping car, the new ventilating process will be a God-send, for the stuffiness of these vehicles is the greatest drawback and objection to them. Long may the bee of improvement continue to buzz in the bonnets of the various managements, until railroad travel achieves perfection, from the hygienic standpoint.

THE NEW ELIXIR OF LIFE.

From the earliest times, the search for the elixir of life has engrossed the attention of mankind. Many a life has been sacrificed, many a reason wrecked, in the vain quest. And yet, according to the latest authority, there was no necessity to explore foreign lands for it, nor of burning the midnight oil in the attempt to wrest the secret from the buried lore of the past. All the time it was close at hand, the world was familiar with it, but did not suspect its virtues. Not to keep the world in suspense, this wondrous substance that has eluded the

seekers after it, for so many generations, is neither more nor less than—sour milk. At least, if it is not the veritable elixir itself, it is the nearest approach to it, and this statement rests upon the authority of no less a person than Prof. Metchnikoff, a savant learned in bacteriological lore. According to an interview with him, which was reported in a recent number of the Pall Mall magazine, the worthy professor advises all those in search of length of days to follow the example of the Bulgarians, who consume unusually large quantities of sour milk, and who are conspicuous for longevity. The secret of its life prolonging quality, according to M. Metchnikoff, lies in the fact that it contains a large bacillus, capable of producing large quantities of lactic acid. This microbe delights in preying upon the hundreds of thousands of smaller bacilli that infest the human system, particularly the large intestine. As this particular microbe does not exist normally, in the human body, it must be introduced, and sour milk offers the most approved means. It is known, by the study of certain diseases, that the atrophy caused by the action of senile decay, is identical with that produced by the action of pernicious microbes, hence the plan is to weaken the attacks of these destructive pests, by reducing their numbers. If, in conjunction with this, the vital elements of the body can be strengthened, an increase of longevity can be reasonably predicated. Perhaps the fact that the ancient Hebrews were a pastoral people, and milk, undoubtedly plentiful, may throw some light on the extraordinary record of Methusaleh. Whether M. Metchnikoff hopes to rival this ancient record, is not stated, but in the meantime the market for sour milk

has received an impetus, and another fad has been safely launched.

TOBACCO AS A TOXIN.

But Russia has still another surprise for us, for according to the statement made in a Warsaw medical journal by a Russian doctor, it is definitely stated that tobacco smoke is a distinct poison, even in small doses. This conclusion is the result of a long series of experiments, both upon human beings and animals, and although the investigator admits that the effects upon man are but slight, yet they would soon become powerful if the individual made it a practice to swallow the smoke. The result of these experiments, however, has disclosed a new feature, namely, that the toxic effects of tobacco are not solely due to the nicotine, for the claim is made, that even when the smoke is disengaged of the nicotine, a second toxic principle still remains, termed colidine, together with oxide of carbon and hydrocyanic acid. It will then be seen that more peril lurks in the fragrant weed than has been hitherto suspected, and, sad to relate, those addicted to the most popular forms of smoking, namely, the cigar, absorb the greatest amount of poison. Cigarette smokers rank second; pipe smokers, third; while those who smoke the narghilah or water pipe, reduce the toxic absorption to a minimum, and are the most favored of all. Little did Sir Walter Raleigh realize the trouble he was laying up for posterity, by the discovery of tobacco. Little recked he of the Tobacco Trust, or of the infinity of time and ink that would be devoted to extolling and condemning the weed, but least of all did he foresee the hideous properties that were pre-ordained to be discovered in tobacco. If

he is still cognizant of mundane affairs, he must regret his ill-advised action in introducing tobacco to the Caucasian races.

The best thing in the world for nerves is sleep, the next proper food, the third proper dress. But as good as any one of these is a hobby.

How often does one hear the expression, "Oh, that is So-and-So's hobby," spoken rather disparagingly. It is the tendency of the average mind to regard a person who has a pronounced enthusiasm as a species of harmless lunatic, rather to be pitied. The truth of the matter is that any one who has any special fad is greatly to be envied, as it probably provides more interest and amusement for its possessor than anything else. Any decided interest in life, whether it is dignified by the name of an occupation or is simply an enthusiasm, or even

mentioned slightly as a fad, is eminently desirable.

"I have never seen a genuine collector that is not happy when he is allowed by circumstances to gratify his tastes," remarked a student of human nature, "and a bent in that direction should always be encouraged. It is a curious phase of our humanity that we will work diligently to make provision for our material needs when we are old, and quite neglect to store up mental resources that will interest and amuse us until we are called hence."

Hobbies help one to forget sorrow and give us pleasure in the present. They are among the best things in life—promoters of health, peace and happiness.—*Detroit News-Tribune*.

The subject of women's nerves brings one to that of the drug habit, which is likewise under the microscope of publicity once more. It must be admitted that aforesaid women took less stimulants and fewer nerve sedatives than now. They did drink, to be sure, as is shown by the startling records of the daily allowance of beer commonly made to a lady-in-waiting in the early eighteenth century; but though it may have ruined their figures and complexions, it did not so much harm in the end as alcohol, wines and liqueurs. And even these, perhaps, are less pernicious than the insidious drugs which, it must be admitted, are freely taken by the women of the present day. A dozen years ago it was an open secret

that morphia and cocaine were enslaving fashionable women more than all the spirituous liquors ever distilled. And now chemical research has made it easier than ever for women to indulge secretly in the drug habit. Deadly sedatives are now prepared in the daintiest and apparently most innocent forms. It is not too much to say that any girl, if she be so minded, can obtain morphia, cocaine, red lavender, or anything else of the kind she may fancy, as easily as the factory girl her cheap and fiery spirits; nor is the statement exaggerated that in boudoirs there are far more drugs consumed than there are alcoholic beverages in smoking-rooms.—*London World*.

CONTRIBUTED ARTICLES

APPENDICITIS, IS IT DUE TO A MEAT DIET?

BY C. GILBERT PERCIVAL, M. D.

While it is not my intention to enter into any description of the new disease of civilization I shall try by statistics to show how the disease is really due to a meat diet and will endeavor to prove to the readers of this magazine that cereal-eating nations at least are not troubled with the modern doctor's evil—appendicitis.

In the French army last year there were 668 cases of appendicitis, of which 188 were treated surgically and 23 died. To 480 treated without surgical aid only four died. These figures are interesting but those to follow are more so and shed some light upon appendicitis. The 19th Army corps in France had 468 in 1901, or .95 per 1,000, while the 19th corps in Algeria and Tunis had but 32 cases, or .44 per 1,000. In 1902, the figures were 1.27 per 1,000 in France and .63 in Algeria.

But there is also a marked difference between the number of cases of appendicitis among the Europeans and the native Algerians in the same army. Thus in five years, from 1898 to 1902, among the fourteen hundred French and European soldiers in the army in Algeria, there were 137 cases of appendicitis, or .64 per thousand, while among the seventeen thousand native soldiers in the same army, there were but thirteen cases, or .14 per thousand.

Thus appendicitis is quite as frequent in the French army in France as it is in the same army in Algeria, and it is ten times as frequent among the French soldiers in Algeria as it is among the native soldiers there. What is the explanation?

The Arabs are very severe; they eat little, and, above all, are vegetarians; when they do eat meat, they eat it very much cooked. Accordingly, among the native tribes living their ordinary life, appendicitis is almost unknown. If one observes it more frequently among the French auxiliaries, sharpshooters and spahis, it is because the régime of the latter is no more the régime of the Arab, but nearer to that of the French troops.

This explanation, perhaps, is not absolutely satisfactory, in as much as it does not tell us how and why this relative immunity extends to Europeans transplanted to the soil of Africa, where their elementary régime hardly differs from that of Paris; but one may suspect that it has much truth in it.

Other observers have signalized this rarity of appendicitis among people less carnivorous than ours. Dr. Snyder, who for ten years past has been attached to the court of the Shah of Persia, has had to treat but five cases of this malady at Teheran, three of which were Europeans and only two Persians. Dr. Snyder also

attributes the rarity of appendicular accidents to the mode of alimentation of the Persians.

At Teheran, abstinence from pork is obligatory, and the meat of cattle is almost unknown. They hardly eat any meats but mutton and chicken and those are always very much cooked. One of the two Persians attacked by appendicitis was a student recently returned from Paris, and he continued to feed himself in the European style.

On the other hand, Dr. Matignon, who for five years was physician at the French embassy at Peking, has not met a single case of appendicitis, either in the missions or in the hospital of Nan-Tang, during the whole of his sojourn in the north of China. Now the Chinese, according to this physician, eat but very little meat. The European alone eats beef. Meat is a luxury which only people in easy circumstances can indulge in, and its consumption is very limited. The great majority of the Peking population is nourished mainly by millet simply boiled in water, rice, cabbage, sweet potatoes, pickled turnips. The Chinese eat

also much Indian meal and wheat, of which they make cakes with dough not leavened, and cooked by steam. Thanks to this kind of a diet the Chinese enjoy an admirable digestion, and that undoubtedly is the cause of their appendicular immunity.

The abuse of meat appears to be the true cause of this evil. No meat, no appendicitis. If appendicitis is less frequent in many of our rural districts than in cities it is because the farmers are nourished more upon farinaceous food. In religious communities, where the use of meat is forbidden, appendicitis is unknown.

Compare with this the frequency of the disease among Anglo-Saxons, the great eaters of beefsteaks and bleeding roasts. In England they do not hesitate to organize insurance companies against appendicitis. In this country the disease is so common that the young surgeon a year out who cannot boast of a baker's dozen is small potatoes. One Philadelphian surgeon last year did 500 operations for the disease and published a book on its statistics.

CLEANLINESS ON THE FARM.

BY MRS. WALTER R. BLAKE.

It has often been remarked that some farmers in their homes and persons do not observe the same cleanliness as people in the city or in the large factories. Many farmers are perfectly innocent of bathing. They have not the facilities which are possessed in every private house in the city. They lack hot and cold water in their sleeping rooms, and

very rarely have bath tubs. Some, accordingly, never wash more than their faces and hands, and occasionally their feet.

It is easy for farmers to provide themselves with means for personal cleanliness. Cheap and portable bath tubs may be purchased at most hardware stores or plumbing establishments, and it is not

difficult for the housewife to furnish the necessary hot water. After a man and his family have got into the habit of weekly bathing, it will be very easy to keep it up. While it would be well to indulge in the daily cold bath, which is so commonly taken in the city, it is perhaps less important in the country, where the people are exposed to plenty of exercise and fresh air, which are themselves natural disinfectants. Still, a habit of cold bathing would add much to the life of the average farmer and farm worker, and this can easily be observed, requiring only a bowl of cold water and a sponge in the bedroom.

CLEANING IMPLEMENTS.

When we compare the care which surgeons and operators in large establishments take of their instruments with that taken by the farmer with his, we see a vast difference. The former, always clean their instruments after use, and sometimes disinfect them. This is absolutely necessary for the health of the people for whom they are used. In the large packing houses and cheese factories, there is daily cleansing of all the implements, boiling water and disinfectants being frequently used. As a result, the products which come from our large factories are generally cleaner than those which come from most farms. The meat, butter, cheese and milk of the former being now universally regarded as clean, and, therefore, wholesome. Nearly all the filth found in these products is now charged, though often unjustly, against the farm hands before it gets into the factories. There is no reason why the farmer should not be as careful as the manufacturer about such things—why the housewife, for example,

should not always scald her milkpans and apply abundant hot water and soap to her kettles, knives, spoons, jars and other implements.

About the table, many farmers are offensively unclean, dipping their knives and forks into the plates from which others are served, putting their spoons into the common sugar bowl, biting off pieces of food and putting back the rest, and doing other offensive and unclean things. In this respect, the city can teach the country. The requirements of fashion as to table manners are nearly all dictated by considerations of cleanliness and health.

VENTILATION AND DISINFECTING.

In regard to ventilation, farmers are most at fault. Their houses are often shut up from one end of the week to the other, or at least some rooms in them. It is common for the entire family to occupy one or two rooms in winter without ever ventilating at all. This is the most common cause of scarlet fever and diphtheria in the country, where these diseases are quite as frequent as in the city. Every room that is occupied, either for living or sleeping should be ventilated daily for at least half an hour, and unless the country is malarious a window should be open every night in each sleeping room.

Disinfecting is equally important with ventilating, and it may now be accomplished with little trouble or expense. There are various chemicals which will answer the purpose without much care on the part of the farmer or his family. In the city, nearly all schools and other public buildings are now disinfected, and there is no reason why country buildings should not be. The fact that farmers

have much air all around them and pure air, does not help them if they do not admit it to their homes. It is a common remark of city people that go into country homes that they are "stuffy" or malodorous; also that many country people carry an offensive odor about their person which bespeaks neglect of the requisite provisions for cleanliness of home as well as of person.

That the dwellings may be clean, it is necessary to keep the animals out. Too many farmers admit their dogs to their

living and sleeping rooms, and bring other animals into their house when there is no reason for it.

Not only should this cleanliness and ventilation apply to the houses, but also to the barns and sheds where stock is kept. Cattle, sheep, poultry and even hogs require air and cleanliness for their best condition. Plenty of pure air admitted to the outbuildings will often protect the grain and fruit stored in them, preventing mold and decay, and other forms of damage.

LIFE IS WHAT WE MAKE IT.

BY S. T. ERIEG.

When the floriculturist wishes to plant a shrub or a plant, he goes about his work with a degree of dignity that is in keeping with his honorable work, and which it justly demands, keeping in mind that a life is involved, and that to insure the best results every thing must be favorable to the growth of the plant. After the place for planting is selected, and the hole is dug, he is very careful that the tap root is not injured in any way, and in planting the shrub, he carefully places the roots in accordance with nature's suggestion, and then waters and bestows on it his care and attention.

The same minute care of the floriculturist should be applied to the development of human life. The life of a person greatly depends on the start. Our lives are to a great extent what we make them. We are molded and influenced by the environment in which we place ourselves.

Those who deem themselves sufficiently capable of being fathers and

mothers, should let the care of their children be the one absorbing principle of their lives, and should prepare for the advent of the child years previous to its birth. There are too many children raised on the crocodile fashion. They are introduced in the world with a strong intimation, backed up with something still stronger at an early period of life, that they must shift for themselves.

When children reach that period in life when it is necessary to start out on life's journey, they are sometimes in a quandary what to do, what they are best fitted for, what their best talent is. It is the duty of parents to study their children, take note of their likes and dislikes, try to find out the special talent of this or that one, and advise accordingly. In this way the boy or girl can be helped to come to a conclusion in selecting a life work. School teachers are in a position to study the ability of their pupils, and good teachers can give their pupils many valuable suggestions.

When a boy or a girl is about to begin life's duties, the thought uppermost should be, what am I best adapted for? what could I become the most proficient in, and do the most good? The desire should not be prompted by what someone else is or will be. It is a sad condition of affairs when a good farmer is lost to make a poor lawyer or doctor, or a good doctor or lawyer lost to make a poor farmer.

There is hardly a human being but has a talent for something, and if that talent was cultivated it would insure the individual's happiness, and help make the world better. If there were more care in the selection of one's life work, there would be more great men and women in the world. Too few strike the key that produces the right tone. It is of the greatest importance that a right start in life is made, otherwise valuable time is lost. Minutes are valuable beyond price.

The person who starts out on life's

journey, and finds that he has got on the wrong road, has a long way to retrace, and will perhaps get lost, and never find his way back. In his wanderings he may become bewildered and give up the struggle in despair.

In connection with what has already been written in regard to life's calling, the same caution can be given in regard to taking care of one's health. Good health is of the greatest importance in fighting life's battles. How many have started in life with a strong body, but before they had advanced far, they have realized that their health was ruined, and their hopes shattered. How many can trace their downfall to its source and see just where the mistake had been made.

Life is given us to cherish and not to ruin. The object of existence is to live a happy, contented and useful life. Our lives should be such that there will be no necessity for an apology for our having lived; but rather the record of a life full of good works and deeds.

CONSTIPATION—THE ROOT OF ALL EVIL.

BY G. H. CORSAN.

I have hesitated for a long time before making the statement that constipation, and not money, is the root of all evil. Let us examine closely the statement and see what we have to support us in such a wide assertion. Those of my readers who are acquainted with pathology can understand the serious position of a subject who is suffering from uric acid poisoning as a result of retention of the urine—in such a case death is not far away, and a painful death at that. But

uric acid poisoning is rare, while poisoning by bile retention is very common—so common in fact, that we have lost sight of the fact that it is the beginning of nearly all diseases—we must except such diseases as septicæmia and pyæmia when we use the word "beginning"; though as a factor in hastening the death of a subject who has been bitten by a poisonous snake or whose blood has been poisoned by the surgeon's knife, constipation must be reckoned as the main

While the vision of the great possibilities of mortal life is clear to the man of deep thinking, there are little problems connected with the ways and means of procedure that beset his pathway. In carrying his own personal progress into the heights, he seems at times to nearly lose his way, and he feels hopelessly incapable of determining at what points he can come into an agreement with his fellows, and experiences difficulty in finding language to make his troubles known. He feels that he has a mission and he wishes to perform that something which is to him akin to duty. But the prospect of the universal happiness of man which he believes will result from the progressive move of the general soul is no doubt his greatest prompter to action, as it would be a matter of much personal gratification. In looking over the world, he sees that there is a work to be done; a work of education, or a readjustment and an understanding on a higher plane. To him, the aims of the world are quite wrong. He wishes to see the current of human life turned into what he believes to be the way of spiritual wisdom. He feels that he knows that there is a quality of life within the reach of human beings that is immortal in its essence. With this ethereal substance there can be builded, he is positive, a new world, a "hereafter," here in our present life. It is the "more abundant life" that has been spoken of by the wise men of history. All the things that are deemed truly good from the standpoint of the practical person may be first realized in it. There is no doubt that health, one of the most desirable things, is merely the result of, or is identical with, more abundant life. Then there is strength, purity, natural beauty, and a long list of qualities that

would make the foundation of the world.

But the student of life or the man of long-continued thinking is seemingly carried far above even these things. He has found a mystic realm within himself. He has gone ahead "to prepare a home" for his brothers and sisters. But the liability of his surroundings tend to daunt him. He is obliged to wait for his companions to become accustomed to the light, he may know the true nature of the subjects around him, though he is impatient to place the knowledge of his discoveries before his companions in life who are traveling various uncertain roads. As has been said, there is the want of the means of communication, for he has only his feelings. He is at a loss for a method with which to work. A considerable spiritual struggle is going on within him. Without desiring to seem foolish, he wishes to go to all the world and say, "What shall we do with life?" What shall we do with this spiritual freedom that we have found; this new life brought to light in man's deeper nature? Shall we not give up the petty ideals of a limited success for that unlimited attainment whose possibility is pointed out to the searching thinker? You have only to get a glimpse of that indescribable goal to be won over to the wisdom of changing your present course for the new one left open through the kindness of the great Spirit.

Come, dear thinker, to the help of the bewildered clear-sighted man. Join your intellectual and spiritual forces with his. Get an understanding of the position you now holds; learn of the heavenly significance of the knowledge he possesses. Make his position more secure by lending your strength. In short, stand upon a higher plane.

HOW SHALL WE ORDER THE CHILD?—NO. 4.

BY JAMES MONTGOMERY.

Of Abraham it is said: "I know him, that he will command his children and household after him, and they shall keep the way of the Lord, to do justice and judgment." (Gen. 18:19.) A few years after this was spoken God said to Abraham: "Take now thy son, thine only son Isaac, *whom thou lovest*, and offer him for a burnt offering," etc. Isaac was quite a young man at this time (about 20 or 25 years of age, according to sacred chronology), yet we find him tamely submitting to be bound and laid upon the altar at the will of his father. Imagine a modern boy permitting any such thing! At a younger period of life than 20 they imagine their own judgment far superior to their father's, and would have him arrested for insanity if he attempted to carry out such orders as were given to Abraham.

Speaking of ordinary elders in the churches, Paul says to choose "one that ruleth well his own house, *having his children* in subjection with *all gravity*" (1 Tim. 3:4), and in giving similar instructions to Titus he describes a legible candidate as being "the husband of one wife, having faithful children not accused of riot or unruly." (Chap. 1:6.) It may be asked, to what extent may a father subject his children unto his own will? Shall they obey him to do evil? Or follow him in a sinful life? Listen: "Fathers, provoke not your children to anger lest they be discouraged," and "Children, obey your parents in all things, for this is well pleasing unto the Lord" (Col. 3:20, 21); and again in

Ephesians: "Children, obey your parents *in the Lord*, for this is right." (Chap. 6:1.) Fathers should not compel their children to do wrong, nor browbeat them into subjection as one would conquer a dog; but do it only "in the Lord, for this is right."

And that brings us to the question of "corporal punishment," which we have already touched repeatedly in various texts quoted from the Proverbs of Solomon.

Promiscuous whipping has been responsible for much evil. Whipping in anger is akin to criminal assault. Beating a child for mistakes is a sin for which we can conceive no adequate retribution. Think of it! Think of whipping a child because he blunders when his parents blunder *in his presence* day after day! Some parents laugh at the misdeed because it is cute, and because they are feeling well; while at another time they beat and bang around at the same offense if their own feelings are gloomy. This soon leads the child to lose confidence in, and respect for the judgment of the parent. Thus do children get beyond the moral influence of father and mother at a tender age.

Sometimes at a very early age there comes what may be termed a crisis in the lives of children; and it must be met rightly as the life from that time will begin to diverge from the right way. How well do I remember how at the age of two years my little daughter reached that period in her life. How with hands clasped tightly behind her, head erect,

and eyes flashing fire, she lisped: "I 'on't tom!" when asked to undergo something disagreeable to her. How was it met? Well, to my mind it was met right, for it has not occurred again. I need not tell *how* it was done, for my circumstances will not be like yours, and God must also give you wisdom for your time of duty. So, "If any man lack wisdom let him ask of God who giveth to all liberally and upbraideth not, and it shall be given him. But let him ask in faith nothing wavering, for he that wavereth is like the waves of the sea driven of the wind and tossed." (James 1 : 5, 6.)

Those who disapprove of whipping may not take kindly to the above suggestions. Many of them would rather injure the infant nervous system by solitary confinement (where Satan finds work for idle hands to do); or punish by loss of supper (which is wise enough as a remedy for many disorders), or by other barbarous ways calculated to rack the nerves, ruin the temper, and create hatred against the parent, than to follow the Bible injunction to "chastise be-times." Even young children may not be exempt from this mode of correction if administered mildly and judiciously. Older children who have been "left to themselves" while young need not only a judicious but a very severe whipping at times. Is this cold blooded?

I think not. In fact it is the only way to show your true love for an erring child. We have all heard of persons beaten into insensibility while being rescued from drowning, but we never imagined for a moment that it was a cold-blooded act. We considered it wise—it saved both rescuer and rescued from drowning. Nor did we consider it inhuman a few months ago when we

read of a man striking a deaf old a terrific blow to literally knock him off a railroad track when the train was a few yards away. It was to save something infinitely worse, and was in reality an act of mercy. So it is, we are told, with the punishment of children; it saves them from greater evil and delivers their "soul from hell," as Solomon declares. (Proverbs 23 : 14.) Not beating will bring eternal life to a child, but proper punishment given when needed, and "while yet there is life" will set their feet in paths of rectitude and they will, when grown up to maturity, accept the Author of Life, and "deliver their soul from hell."

Another thing which some would deny, but which I am convinced is true is this: Young children are incapable of exercising love, and are ruled by fear, if ruled at all. Even up to ten or more years some children seem to prefer doll or cat to parents. There is a kind of fondness, but not an intelligent love until the intelligence is developed somewhat at least.

This very morning for the first time my little girl aged 2 years 3 months spontaneously threw her arms about my neck and declared, "I ain't 'fraid of papa." Still she is yet afraid to misbehave in my presence, or be noisy during family worship; and is afraid to do various things which might be mentioned. Her love is developing, and if anything ever impossible comes up she settles by "Papa tan do it," or "Mamma knows; baby don't know—baby 'ittle." So it will early be with a child trained in the way they should go, and, "when he is old he will not come from it." (Prov. 22 : 6.)

(To be continued.)

According to a Moravian missionary, "of sanitary laws, of the nature of diseases, the people know nothing. Tooth-ache is ascribed to a worm boring and biting its way through the tooth; rheumatism to hidden 'thorns in the flesh,' and wily persons have carried on quite a business by extracting such thorns. They rub the skin, make a slight incision, and pretend to pull a thorn or a fishbone from the wound, which they had hidden dexterously between their fingers.

So far their doings would be harmless, but their are rogues among them who pretend that every disease originates from poisoning by somebody else, and that they know how to expel the poison. The potion which they cause their victims to swallow is in most cases drawn from poisonous herbs, and Mr. Grossmann relates four cases in which death almost immediately followed the drinking of this medicine."—*Missionary Review of the World*.

People who recognize the importance of taking care of their health often quite forget that if we want to preserve them it is just as necessary to take care of our eyes.

First of all take care of your general health. Poor health often leads indirectly to various eye troubles.

Then, remember that straining of the eyes is caused by a dazzling glare, or a bad light.

Glare and gloom are equally bad to work in. You need not ask which is the

worse for the eyes—one is as bad as the other.

The light should fall on book or work from behind us. The attitude while at work is of great importance. The head should, as far as possible, be kept erect. Stooping causes an increased flow of blood to the head and eyes—this is injurious to them.

Don't read when travelling. Deny yourself this pleasure for the sake of your eyes.

How old are you? The adage says that women are as old as they look and men as old as they feel. That's wrong. A man and woman are as old as they take themselves to be.

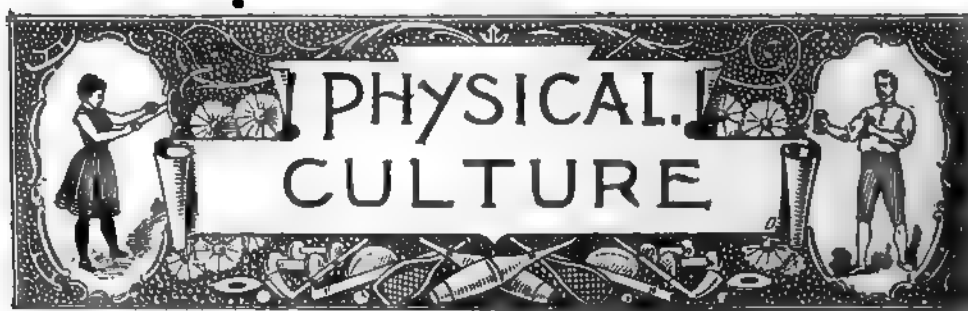
Growing old is largely a habit of the mind. "As a man thinketh in his heart so is he." If he begins shortly after middle age to imagine himself growing old he will be old.

To keep one's self from decrepitude is somewhat a matter of will power. The fates are kind to the man who hangs on to life with both hands. He who lets go will go. Death is slow only to tackle the tenacious.

Ponce de Leon searched in the wrong place for the fountain of youth. It is in one's self. One must keep one's self young inside. So that while "the outer man perisheth the inner man is renewed day by day."

When the human mind ceases to exert itself, when there is no longer an active interest in the affairs of this life, when the human stops reading and thinking and doing, the man, like a blasted tree, begins to die at the top.

You are as old as you think you are. Keep the harness on. Your job is not done.—*Milwaukee Journal*.



CONDUCTED BY PROF. ANTHONY BARKER.

EXERCISES FOR WOMEN.

Erect Carriage of Head, Neck and Upper Body.

Photographs specially posed by Miss Edna Tempest, "The Up-to-Date Athletic Girl."

The habitual attitude of the head has more to do with expression of character, grace and "style" than that of all other parts of the body combined. A head held forward expresses eagerness or curiosity, one held down, thoughtfulness or sorrow, the upturned face may mean enthusiasm or joy, the head held straight and erect suggests pride; and so through a great number of various attitudes, all classified by specialists in that line, the head is seen to be the chief instrument of expression. The habit of carrying the head in this way or that also has much to do with the position of the shoulders, chest and whole upper body. One of the first words of advice I give to the hollow-chested people is, "hold up your head." Persons who habitually hold the head erect, chin in and back of neck straight, almost always have full round chests and good lungs.

The superb carriage of the head, neck and thorax acquired by peasant women in some of the countries of Europe, as a result of carrying loads on the head, is a matter of common remark. In fact,

some physical culturists have had their lady pupils practice carrying books and other objects on their heads to get, if possible, some of the erectness of carriage possessed by the European peasant women. This is a step in the right direction. There is no better practice in the world for cultivating erectness of carriage than balancing objects on the head.

The exercises selected for this lesson are simple and require no apparatus except a cane or umbrella.

Miss Edna Tempest has consented to give us examples of her skill in balancing in the snap shots which illustrate this lesson.

EXERCISE I.

Balancing cane on the back of the hand. This is the first thing to learn in the art of balancing. Little instruction can be given in the principles of balancing. You must feel it out for yourself. You must learn to move the point of support in the direction in which the cane starts to fall, and move just fast enough and far enough to bring it into



EXERCISE I.

ice again. Practice with one hand more than the other, and try at different heights.

EXERCISE II.

balancing cane on chin. The principles here are the same as in balancing the hand. You must continually move the chin, and with it the whole upper part of the body, under the stick to preserve the balance. This must be a free supple movement, mostly of the head and shoulders. Keep the arms extended loosely, as in the photo. This exercise will take about two weeks to learn, but it is well worth the trouble. Learning to balance objects on the

chin try on the forehead. This will seem strange at first as the eyes get a different view of an object on the forehead. It is needless to say that you must look at the top of the stick all of the time.

EXERCISE III.

Having pretty well mastered the balancing of ordinary articles on the chin and forehead try light objects on the nose. It will be found the shorter the object, less than about three feet, the more difficult the balance. The balance of a hat on the nose is a somewhat difficult performance, although I am sure any of the readers of these lessons could learn it in three or four months.



EXERCISE II.

EXERCISE IV.

Start as in exercise II, carefully preserving the balance, sink on one knee (photo exercise IV, first position), then, using great care that the stick does not fall, bend lower, and place one hand on the floor. Then gradually recline until you are lying flat, still balancing the stick (photo exercise IV, second position). From there try to get up again on the feet without dropping the stick, reversing the stages of the first half of the exercise.

Every woman would like to be graceful, but comparatively few are by nature as graceful as they might be if they would take a little more trouble in the matter. English women, as a rule, are far behind French and Indian ladies in grace of bearing, and the reason probably is that their bodies are not so carefully trained.

In Spain and Italy women of the higher class are generally expert swordswomen, for they esteem fencing as one of the best possible athletic exercises, valuable alike for giving strength and grace to the body, and alertness to the mind. Young girls, therefore, are taught to fence as carefully as their brothers, and as accurately, and there are many schools where ladies practise not only with the foils, but with the broadsword.

In England a few ladies of high rank and a good number of our younger actresses delight in fencing, but this form of athletics is by no means popular, as it deserves to be, among our girls, and yet those few who take it up not only derive great physical benefit from it, but find it a most fascinating and exhilarating exercise.



EXERCISE IV, FIRST POSITION.

Sir John Cockburn insists on the need of more sleep for everybody. He ridicules the old proverb, "Six hours for man, seven for woman and eight for a fool."

Sir John declared he could never do with less than nine, and yet he has been Premier and Agent-General for South Australia. He believes it is only vacations which save the underslept child from a breakdown. Sleep from ten to thirteen and a half hours is required for a child between five and fourteen years, and from nine to ten hours between the ages of fourteen and nineteen.—*Detroit United States Daily*.



EXERCISE IV, SECOND POSITION.

ANNOUNCEMENT.

We take pleasure in informing our readers that in the next issue, we shall commence a series of interesting articles on the popular subject of wrestling. These articles will be furnished by Professor Anthony Barker, President of The Physical Culture Association of America, and one of the most successful and popular physical culture instructors in the country. They will be written in a thoroughly practical manner, and

excellently illustrated, the pictures being posed for by Professor A. Barker himself, and Mr Al. Treloar, "The Perfect Man," who gained the championship for all-round development, in the great international contest, at Madison Square Garden, New York, last year.

If you have not already subscribed for *HEALTH*, now is the time to do so, and make sure of securing this attractive and instructive course.

"The discovery of a means of metamorphosing radishes into potatoes has been made in so solemn a place as the Academy of Science, Paris," says *The American Inventor*. "M. Molliard takes a very young radish, 'Pasteurizes' it in a certain way, and it grows up into a fine potato. More scientifically, the young

radish is cultivated in a glass retort, after a process invented by Pasteur, in a concentrated solution of glucose. Starch then develops plentifully in the cells of the radish, which swells out, loses its pepperiness, and acquires practically the consistence, flavor, and especially the nutritive properties of the potato."



CONDUCTED BY HARRIET HEMIUP VAN CLEVE.

MAY.

Now the bright morning star, day's
harbinger,
Comes dancing from the East, and leads
with her
The flowery May, who from her green
lap throws
The yellow cowslip, and the pale prim-
rose.—MILTON.

"Equipment of the house," said Miss Maria Parloa, in a lecture on that subject at Teachers College, "should be in accordance with the style of living and the number of pairs of hands there are to do the work. It is not foolish, but criminal to so arrange and furnish a house that the work is double what the available hands can accomplish. Every woman should have a laudable pride in her house, but it should not be an altar which claims her entire soul and body. Nor should there be anything in it too good for daily use.

The equipment of the house includes two classes of objects—essentials and accessories. The essentials are the appliances for heating, lighting, sleeping, preparing and serving food, washing and cleaning. These essentials are found in some form, primitive or elaborate, in

every class and nation. There is no economy in going without the essentials or purchasing those of poor quality. For the essentials, buy well made articles free from ornamentation. The markets are full of household goods which are not worth the space they occupy. After being used a short time they become defaced, and the work of caring for them is doubled.

The heating, lighting and cooking appliances, beds, dressing cases, tables and chairs should be just as well made as the purse can afford.

On the other hand, windows and other draperies, china, glass and so on, may be of very cheap quality, if the forms and colorings are pleasing.

The discrimination between these two ideas is, that if a chair is cheap because it is poorly made, does not answer its purpose well. But a window curtain may be of the cheapest white muslin, and be perfectly suitable and in good taste. If the house wife is scrimped in her cooking appliances, it is at the expense of her time, labor and nerves. But a common cheap dish may be in good taste and pleasing as regards shape and color. Cheap plumbing or defective washtubs militate against the health and comfort of the family."

rooms in the house should claim special attention than the bedroom.

No two persons should occupy it. The old-fashioned double bed is disappearing, two single beds are better. Two persons sleep in one room, and each has their place.

Hard floors are far the best in a sleeping room. The next best thing to this is a rug. A woollen carpet is not desirable.

A perfect bed is long, supporting all of the body in a perfectly horizontal position. The covering should be light.

When a bed is soft or the springs are so close that the body sinks and lies at an angle, it results in restlessness, sleeplessness and backache, particularly in heavy persons.

Steel springs are the best kind. Springs made of wood should be changed between strips of wood should be changed.

Mattresses should be bought on account of insects. Spring mattresses are best for comfort. Many are misled by many that felt mattresses are most hygienic. A cheap hair mattress cannot be bought; if it is cheap it is adulterated with Florida moss, and is very dusty.

A mattress should be protected from dust by a cloth cover, and the same principle applies to the springs from dust.

The cover should be long enough to be tucked in and folded over the top of the mattress.

The cover should be woollen blankets, and fine or good that they cannot be changed once a year. All bedding should be washed and sunned every day, and once a week hung outdoors for a day's airing.

Next month I shall give some further hints on house furnishing, decorations,

Happiness you cannot pour on others without getting a few drops yourself.

USEFUL HINTS.

To clean a clothes wringer quickly saturate a cloth in coal oil and rub the rollers.

A teaspoonful of pulverized alum mixed with the stove polish, will give it a fine luster.

A few drops of coal oil on your dusting cloth will brighten the furniture, and prevent the dust from flying from the cloth.

When soot is accidentally dropped upon the carpet or rugs, throw upon it an equal amount of salt and sweep it up altogether. There will be scarcely a trace of it left.

Willow ware should be washed with salt water.

To drive a nail in a board without danger of splitting the wood, wax the nail.

Branwater, not soap, should be the bath for delicate silk, and silk stockings when they are washed. Four tablespoonfuls of bran to a quart of water is the usual proportion. Rinse the silk through several clear waters and dry it in the sun; squeeze the goods, do not wring it.

A garden hose makes an ideal carpet or rug beater.

A professional carpet cleaner says that grated Irish potatoes scattered freely on

a carpet, then swept off will clean and revive the colors better than anything he knows of. It will not injure the most delicate shades.

One of the most useful articles in a kitchen is a measuring glass, that is marked to measure teaspoons, tablespoons and gills as well as halves, thirds, and quarters.

RECIPES.

Sit down and feed, and welcome to our table.—*As You Like It.*

NUT BREAD.

This nut bread is delicious for lunches and sandwiches. It is very dainty to serve with five o'clock tea. Scald half a cupful of milk, and add half a cupful of boiling water. As soon as the liquid is lukewarm stir into it three-fourths of a cake of compressed yeast which has been softened in three tablespoonfuls of molasses. Add a teaspoonful each of butter and cream or lard, two tablespoonfuls of molasses, half a teaspoonful of salt and a cup of pecan or English walnut meats ground fine. Mix with half a cupful of white flour and whole wheat flour enough to make a dough that can be kneaded. Finish and bake like any bread. For sandwiches cut in thin slices and spread with anything you may like.

DELICATE CAKE.

Cream together one cup of butter, with two cups of sugar, slowly add one cupful of sweet milk and the whites of eight eggs, beaten to a stiff froth. Mix in with as little stirring as possible, three cupfuls of sifted flour in which has been stirred three teaspoonfuls of baking

powder. Flavor with almond extract. The icing may be ornamented with chopped almonds which have been blanched.

CRACKER RAISIN PUDDING.

Scald five cups milk; pour over one and half cups rolled cracker crumbs; add quarter cup cold water, half cup molasses, half teaspoonful each of salt and cinnamon, quarter teaspoon of mace, one pound of seeded raisins, six eggs beaten with one cup of brown sugar. Bake, serve with whipped cream.

COLONIAL GINGERBREAD.

Put together one cup Porto Rico molasses, half cup of butter, two eggs, one cup thick sour milk, one teaspoon each of ginger and cinnamon, one and one-half teaspoons soda, sifted with three cups of flour. Bake in loaf.

EGG COCKTAILS.

These are a delicious appetite sharpener. For each person take one teaspoonful of lemon juice, two drops of Tabasco sauce, half a teaspoonful of grated horseradish, one teaspoonful of tomato ketchup, and a saltspoon of salt. Mix together and add one egg beaten to a foam. It should be served in tall glasses with a long spoon.

GOLDEN CREAM TOAST.

Cut slices of stale bread into diamonds and toast to a pale brown, drying slightly in the oven before browning. Make a rich white sauce of a pint of milk, three tablespoonfuls of butter, two tablespoonfuls of flour, half a teaspoonful of salt, a dusting if liked of mace and a light dusting of pepper. Cook until smooth, add

d yolks of three hard boiled
pour over the toasted bread.

POTATO FRICASSEE.

baking pan with a quart of
a thin a half dozen potatoes.
salt and plenty of butter, and
t as you would rice pudding,
or a couple of hours. Serve in
n which it is baked. Onions or
ay also be added if desired.

h summer salad combines let-
ishes, cucumbers, tomatoes or
r green vegetables one hap-
ave on hand. Wash carefully
no suspicion of grit remains.
y in a wire salad basket, chop
in a salad bowl. Have ready
l-boiled eggs, shell them, sepa-
yolks from the white, chop the
nd rub the yolks through a
ve. Put to one side for deco-
ie salad. To make the dress-
the yolk of one raw egg in a
d beat well with a fork. Add
l, little by little, till the egg
sufficiently for the spoon to
in it. Add sufficient salt, pep-
vinegar to reduce the dressing
onsistency that it will pour.

a fair-sized boiled potato.
small onion fine, mix together
to the dressing.

the dressing over the vege-
Decorate the dish with the
and yolks of the boiled eggs,
n little heaps around the salad.

ng for cream lemon pie is made
ipful of sugar, a level table-
l of butter, two tablespoonfuls
, two eggs, the juices and rind
emon and a little milk. At the

last, fold in the stiffly beaten whites of
the eggs. Fill into a pie tin lined with
paste and bake. Cover with a me-
ringue after baking, or with straps of
paste before baking.

CONCERNING WOMEN.

“When greater perils men environ,
Then women show a front of iron;
And, gentle in their manner, they
Do bold things in a quiet way.”

Mrs. Fairbanks, the wife of the vice-
president, holds three collegiate degrees.
She graduated from the Ohio University
in 1872 in the same class as her husband.
She at once began the study of law, also
with her husband as classmate. She re-
ceived the degree of bachelor of laws,
and afterward took a full course of in-
ternational and parliamentary law.

Mrs. Leland Stanford died suddenly
in Honolulu February 25th. Her father
was an officer in the American army.

Mrs. Stanford was a devoted wife and
mother. At the death bed of her only
son, she encouraged her husband with
the words, “Let us live for humanity’s
sake.”

In that terrible moment, while her
heart was breaking, the resolve was born
that ultimated in the creation of the Le-
land Stanford, Jr., University. The re-
solve conceived in 1884 has grown in in-
tensity during the 21 years that have
since elapsed. The University was es-
tablished to educate young men and wo-
men, whose parents could not afford to
do so, and to fit them to become self-
supporting. The total gifts bestowed by
Mrs. Stanford on the University are es-
timated at thirty-five million dollars. No
other women in the world, and a very

few men, if any, have ever given so much time or money to the higher education. Nor were her benefactions confined to this. Her children's hospital, a gift to Albany, N. Y., cost her \$100,000; she endowed it with another \$100,000 to make it self-supporting. The kindergarten schools in San Francisco were established by her at a cost of \$160,000. Her private benefactions were numerous and unobtrusive. Her work will live for centuries in the uplifting of rising generations, who will owe their opportunities of intellectual enlightenment to the generous aspirations and far-sighted wisdom of a woman.

There is a much needed protest being made by several women's clubs against the needless suffering to which are subjected the dumb beasts who are martyrs to human health and appetite. There is no more active worker or fearless advocate for these dumb friends than Minnie Maddern Fiske, the actress. In her travels all over the country, she is com-

pelled to see in transportation what the animals have to suffer, and she and other noble women are trying to secure a legal enactment in their behalf. Minnie Fiske's influence in this direction will be of great aid.

Carmen Sylva, Queen of Roumania, who has just celebrated her sixtieth birthday, opened a refuge for old people and invalids to commemorate the event.

There are loyal hearts, there are strong
 brave,
 There are souls that are pure and true
 Then give to the world the best
 have,
 And the best will come back to you
 Give love, and love to your heart
 flow,
 A strength in your utmost need;
 Have faith and a score of hearts
 show
 Their faith in your word and deed.

A piece of papyrus found in Egypt has on it a portion of a farce, which, it is thought, was once performed in the theatre of the town, and which is regarded as typical of the dramatic fare of the provincial stages during the second century. There are also a number of important theological fragments and some new classical pieces, among them being a philosophical dialogue which has been attributed to Aristotle, and part of a new epitome of several of the lost books of Livy. The papyrus section is only a part of the exhibition, for there are many antiquities from Deir el Bahri, Ehnasya,

and Oxyrhynchus, the most important being a perfect gold statuette of a bearded god of the twenty-third dynasty or about 700 B. C. The fine models of the kind usually found in tombs of the Middle Kingdom occupy a prominent position, these being curious representations of a bakery and a granary in the year 2500 B. C., and every detail carefully shown, down to the thong of the overseer and the scribe who were keeping a tally of the grain which was being poured into the sealed channels from the storehouse.—*Health, London*

COMPOSITION AND ALCOHOLIC CONTENT OF CERTAIN PROPRIETARY FOODS FOR THE SICK.

BY CHAS. HARRINGTON, M. D., BOSTON.

Assistant Professor of Hygiene in the Harvard Medical School.

[From the "Boston Medical and Surgical Journal."]

In writing this brief communication I do not intend to discuss neither the question of the value of alcohol nor the advisability of the use of that agent as a means of the treatment of disease. It is my intention merely to offer the results of the examination of a number of preparations which are extensively advertised as being inferentially, widely used, as being of value to the sick and for convalescents, and to leave the question of their true food and therapeutic value a matter for independent judgment.

Attention was drawn to this class of preparations by the fact that an individual who was faithfully following the directions accompanying one of them was found to be more or less constantly in a state of marked intoxication, for which condition no cause could be ascribed until the suspicion was directed toward the food, which proved, on analysis, to contain a fairly large percentage of alcohol. This suggested the advisability of examining specimens of other preparations for investigation.

Of those examined were a number of preparations which proved to be almost or wholly non-alcoholic, and although their food value might be very slight when their alcoholic content is taken into account, they will be mentioned without mention.

Of those which I report, it will be noted that the analyses made were not ex-

haustive, the determination having been restricted to the percentage of alcohol, total solids and mineral matter. The yield of total solids was such in each case as not to warrant the expenditure of the time necessary for the investigation of the nature of the several constituents, and for our present purpose we may concede that the total residue of each preparation is wholly absorbable.

Following are those which were found to contain appreciable amounts of alcohol:

"Liquid Peptonoids.—Beef, milk and gluten, perfectly digested" is said to contain the albuminoid of principles of beef, milk and wheat. "In cases of feeble digestion and wasting diseases," its effects are said to be "immediate and pronounced."

Dose: For an adult, one or two tablespoonfuls, three to six times daily; children in proportion.

The maximum amount recommended for an adult will yield less than an ounce of nutriment and the alcoholic equivalent of 3.50 oz. of whisky per day.

Analysis shows 23.03% by volume of alcohol, 14.91% of total solids, and 0.17% of mineral matter.

Panopepton.—This is said to contain "the nutritive constituents of beef and wheat in a soluble and freely absorbable form." "A nourishing, restorative, stim-

ulant, liquid food of incomparable value for the nutrition of the sick"; "the best food in acute diseases, fevers, etc., in convalescence"; "a restorative from fatigue"; "a special resource against insomnia."

Directions: "For adults, a dessert-spoonful to a teaspoonful several times a day and at bedtime; for infants, a few drops to a half teaspoonful according to circumstances, as directed by the physician."

It yields 17.99% of solid matter (including 0.97% of mineral matter) and 18.95% by volume of alcohol.

Hemapectone.—This is said to be a preparation of "albumose-peptone," "the end product of digestion of albumin and hematin, a true organic iron."

One is advised to take a teaspoonful, increasing to a tablespoonful as needed, after each meal.

Analysis: Alcohol by volume, 10.60%; total solids, 19.54%; mineral matter, 0.37%.

Nutritive Liquid Peptone.—This is said to be "a valuable combination containing the nutritive constituents of beef and malt, predigested and ready for assimilation," and to possess "the properties of a gentle and refreshing stimulant."

No dose is given. The analysis shows: Alcohol by volume, 14.81%; total solid nutriment, 15.20%; mineral matter, 0.69%.

Hemaboloids.—The nutriment in hemaboloids is said to be "partially digested and vitalized by treatment with nuclein, rich in iron and phosphorus-producing elements." It is said to enrich the blood, to increase weight and the number of red blood cells, and to enhance nerve action. The preparation is said to consist of vegetable nucleo-albumin, re-

inforced by beef marrow extract and peptones, and is to be used in all impoverished conditions of the blood, such as anemia, general debility and in convalescence from all diseases.

The dose recommended is one-half to one teaspoonful three to four times in a little water, plain or aerated, or cracked ice. "If necessary, increase to two tablespoonfuls."

The maximum recommended is about a quarter of an ounce of nutriment and the alcoholic equivalent of about one ounce and a half of whisky daily.

Analysis shows 6.36% of total solids (about half as much as is contained in milk of fair quality) and 15.81% by volume of alcohol. The mineral matter, which is largely iron, amounts to 0.62%.

Tonic Beef.—Tonic Beef is said to contain "the nutritive constituents of beef, wheat and fresh eggs in a so predigested and hence readily absorbed form." One is led to believe that the beef is carefully selected, and that the blending of the constituents of these three very important foods, and the curing and ageing (whatever that may mean in connection with eggs), have been conducted on most scientific principles. After being treated to an interesting array of facts concerning the history of the preparation, we are informed "besides being a nutritive, Tonic Beef is a delightful stimulant." Adults are advised to take from half to one tablespoonful every four hours and at bedtime. Infants and children should be given ten drops to a teaspoonful, according to age.

A tablespoonful every four hours will yield to the consumer in the course of a day about a half ounce of nutriment.

coholic equivalent of an ounce of
y, for analysis shows 15.58% by
e of alcohol and 18.16% by weight
idue, including 1.04% of mineral
r.

Walford's Predigested Beef.—"A concentrated predigested food containing the nutritive value of beef in a completely digested form, ready for immediate absorption into the system."

is claimed for it that "it is a completely natural food product, containing all nutritive materials to maintain full nutrition of the body," and that "indicated as an exclusive diet in cold fever, la grippe, tuberculosis, nervous exhaustion and all conditions of

the system associated with enfeebled digestion and malnutrition."

Dose: One to two tablespoonfuls in water every two or three hours, or as needed; children in proportion to age.

Analysis shows 19.72% by volume of alcohol, 10.39% by weight of total solids, which yield 0.20% of mineral matter.

The maximum administration recommended, that is, two tablespoonfuls every two hours, disregarding the proviso "or as needed," would yield daily about 1.25 oz. of nutriment and the alcoholic equivalent of about 6 oz. of whisky, which might well be regarded as hardly adequate as an exclusive diet in the diseases above mentioned or in any other condition of the system.

HOW TO KEEP YOUNG.

(From the *Chicago News*.)

Don't allow yourself to think on your way that you are a year older and much nearer the end.

Never look on the dark side; take sun-
shines of everything; a sunny thought
drives away the shadows.

Be like a child: live simply and naturally;
keep clear of entangling alliances
and complications of all kinds.

Cultivate the spirit of contentment; all
anxiety and dissatisfaction bring age
on us prematurely to the face.

Form a habit of throwing off before
going to bed at night all the cares and
anxieties of the day—everything which

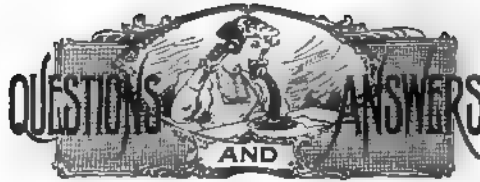
can possibly cause mental wear and tear
or deprive you of rest.

Keep in the sunlight; nothing beautiful
or sweet grows or ripens in the dark-
ness.

Avoid fear in all its varied forms of
expression. It is the greatest enemy of
the human race.

Avoid excesses of all kinds; they are
injurious. The long life must be a tem-
perate, regular life.

Don't live to eat, but eat to live. Many
of our ills are due to overeating, to eat-
ing the wrong things and to irregular
eating.



QUESTION.—Please answer, through your Questions and Answer column, the following queries: 1. Are figs and dates fattening if eaten freely, or only laxative? 2. Is cocoa, made without milk, fattening? 3. Can a person eat freely of these things and gain some strength from them, without undesirable flesh accumulations. 4. Is white bread, if eaten without butter, a flesh-making article of food? Answers to these questions will be appreciated. Respectfully, Mrs. S. A. Sutton, Boston, Mass.

ANSWER.—1. Neither of them are especially fattening, although both are highly nutritious. Dates have very little laxative effect, and the action of figs, in that direction, is largely due to the mechanical action of the seeds. 2. Cocoa is a fattening food whether it is made with milk or without. It was specially selected for use in the British navy on account of its nutritious character. 3. Much depends upon the construction placed on the word, freely. Some might construe it to mean unlimited use. Excessive use of any one article of food is unwise; but we consider, a moderate proportion of these fruits, taken daily, would improve the health and nourish the body, without any excessive increase of tissue. 4. White bread, if thoroughly masticated, is undoubtedly fattening, whether eaten with butter or not, but the manner in which it is bolted by the average individual prevents its thorough digestion, and acts as a check on its fat-

tening qualities. Whole wheat bread is preferable at all times.

QUESTION.—Kindly inform me is the correct side to lie upon. J. said left; R. said the right. I get yourazine every month, and have looked something on this matter, but could not find it. One more question, I would like to ask: Why is it, that when I lie on my left side, the left side of my chest starts to paining? Very truly,
Harry Conier, 518 Dickinson St., Philadelphia, Pa.

ANSWER.—There cannot be said to be any proper side to lie on, for soundly, any people can lie and sleep in any position; but the right side is usually considered the one to be preferred, for two following reasons: first, it aids the passage of the contents of the stomach into the intestines, and secondly, the heart being slightly to the left of the median line, possible pressure upon the diaphragm is obviated. In reply to your question, I will say that the pain in the chest is evidently some organic trouble, in all probability some derangement of the spleen.

QUESTION.—Will you kindly inform me through the medium of your valuable paper, of some means of overcoming excessive perspiration of the face? This trouble has been with me for many years, and in spite of all the remedies I have tried (and their name is legion)

as badly off as ever. The feet are affected in the same manner; but not so badly as the hands. If you come to overcome the trouble, you earn the everlasting gratitude of, sincerely, Thomas Markham, Bennett, Providence, R. I.

ANSWER.—Excessive perspiration of the hands is a constitutional trouble, or, correctly speaking, is due to constitutional causes, and we regret to say, is very amenable to treatment. First, the body should be kept thoroughly cool both internally and externally, and the diet plain and simple, carefully avoiding anything stimulating in the form of food or condiments. This will have a beneficial effect in regulating the digestive and excretory processes. As a treatment it will be found of great value to bathe them in oatmeal water, and to dust them with the following: Carbolic acid, one part, oil of sweet almond, two parts, French chalk, four parts, burnt alum, four parts, and starch, one hundred parts. A plaster made from the following recipe, pasted into the gloves, is claimed to give good results: Prepared Venice turpentine, one and a quarter ounces powderedorris root, five drachms, oxide of zinc, two and a half drachms, powdered salicylic acid, two and a half drachms, powdered boracic acid, two and a half drachms, salicylic acid, one drachm, menthol, one-eighth of a drachm, and oil of eucalyptus, an eighth of a drachm.

QUESTION.—Can you, and will you tell me the simple means of purifying our water supply is of very poor quality and we are forty miles from any town? The information will be thank-

fully accepted by, Yours, Mrs. Wm. Lorimer, Dalto, via Abilene, Kansas.

ANSWER.—We wish you had been a little more explicit as to the character of the impurities in the water; but you will find that as an all round purifying agent for water, pulverized alum in the proportion of two-thirds of a grain to the gallon, will give highly satisfactory results. Of course nothing is equal to distillation, but as your request is for something simple, the above plan is the most effective of all the simple measures with which we are acquainted.

QUESTION.—Will you please tell me through your Query Department, the cause of, and cure for inflammation of the veins, for that is what the physicians tell me I am troubled with; but they fail to cure me, although I have spent plenty of time and money in quest of a cure. Your reply in an early issue, will greatly oblige, Yours respectfully, J. B. Huntington, Wilcox, Pa.

ANSWER.—Inflammation of a vein, or phlebitis, is of two kinds, plastic and purulent. The first form is usually the result of an injury; the second, is the result of infection from neighboring tissues. The treatment for the first variety consists in complete rest, in the bandaging and elevation of the part, and frequent bathing with iced water. The suppurative variety usually necessitates an operation; the vessel must be ligated, opened, and the purulent substance washed out. Good nourishing diet must be employed, and the system thoroughly cleansed by daily, copious enemata of warm water.

QUESTION.—I should very much like the three following questions to be an-

swered in your excellent magazine, that is, if you do not consider I am asking too much. I am deeply interested in the replies, and trust you may see fit to gratify me. Yours expectantly, Alex Douglas, Cripple Creek, Colo. The following are the questions: 1. Would it be possible by pressing upon certain nerves in the back, to open the pyloric orifice of the stomach, and hold it open while the food or water passed through into the duodenum? 2. What would be likely to be the result, if a person had gravel in the kidneys, and in passing into the bladder, a stone should tear one of the urinal tubes, causing acute peritonitis and blood poisoning to set in? 3. Do you think suggestive therapeutics will injure the mind of a patient if she is daily subjected to its influence?

ANSWERS.—1. We presume this question is of osteopathic origin. Without

claiming to know all that is to be known about anatomy, we are at a loss to know how pressure upon the spinal nerves can affect the stomach, since they do not supply it. We should say, decidedly not. 2. The consequences of such a condition are serious, but not necessarily fatal. If abdominal incision is promptly made, the lacerated ureter may be repaired and danger averted. If, however, the case is allowed to run on without surgical interference, until septicæmia sets in, the result is likely to be fatal. 3. We are scarcely in a position to give an authoritative opinion upon the question, owing to lack of familiarity with the subject. No doubt "suggestion" has been productive of good in many cases, but we must confess that to us it seems unwise, to say the least, for one person to be habitually controlled by the will of another.

A wealthy retired distiller, named Reshetnikoff, who resides near Perm, in Northeast Russia, employs as workers on his estate only the handsomest and healthiest villagers. These he encourages to enter upon matrimony by free grants of land, payment of all marriage fees, and an annuity of fifty roubles a year for every child born. At the time of the Russian-Turkish war, Mr. Reshetnikoff, struck with the inferior, ill-nourished physique of many recruits, set aside annually the sum of ten thousand

roubles for the purpose of eliminating the unfit by encouraging marriage only between young people of beauty, health, and intelligence. Since the institution of this human beauty farm forty model marriages have taken place, and over one hundred children have been born, nearly all of them being immensely superior to the average Russian peasant children in strength and beauty. The girls in particular are remarkable for their graceful carriage and lithe, active forms.—*News.*

The latest cure for appendicitis as announced by cable from Berlin is for the patient to walk on all fours for twenty minutes four times a day. The theory on which this treatment is based is that certain muscles around the vermiform ap-

pendix are brought into play and strengthened by this quadruple cure, which are unused when a biped walks erect. Others are relaxed and the localized inflammation has opportunity to subside.

BOOK REVIEWS.

LOGY AND PATHOLOGY OF HANDWRITING. By Magdalene Kentzel-Thumm. Translated from the German by Magdalene Kentzel-Thumm. Fowler and Wells Co., New York. Price, \$2 net.

This is a most interesting book, and to those interested in the study of character will open up a most fascinating

The author has evidently given the subject profound study, as the plentiful examples of handwriting of distinguished personages amply demonstrate. It is a common practice to omit the introduction to a book, but in this instance a grave mistake will be made by the reader who omits to read the psychophysical introduction, since it is the key to what follows. The book starts with the statement, "All mental and bodily conditions and functions of human beings can be expressed in two words, and their negatives: consciousness and movement—unconsciousness and unmoved;" and later on, advances the theory, that unmoved consciousness, and unconscious movement, have their seat in the ganglia, basing her argument upon the fact that the ganglia are the seat of reflexes. The author frankly confesses in the preface, that she found it impossible to make use of any of the existing systems of psychology, and therefore had to construct one for herself. Not less interesting are the concluding words, "Perhaps the Greek 'Nirvana,' and the Indian 'Nirvana' may be regarded as a form of unmoved con-

sciousness, and we confidently expect our occult friends to comment upon this proposition." After reading the book we cannot help feeling convinced that temperament, character and physical conditions are unconsciously disclosed in the handwriting of the individual. The book is handsomely gotten up, and reflects credit upon the publisher.

THE PHYSICAL CULTURE LIFE. — A Guide for All Who Seek The Simple Laws of Abounding Health. By H. Irving Hancock, author of "Japanese Physical Training," "Physical Training for Women, by Japanese Methods," "Physical Training for Children by Japanese Methods," "Jiu-Jitsu Combat Tricks," "Life at West Point," etc. G. P. Putnam's Sons, New York and London, 1905.

Of the several books that the author has given to the public, this is, unquestionably the best. Most of the others were read with avidity, chiefly because of the interest attaching to anything Japanese, while this book appeals to all classes alike, solely upon its merits as a manual of right living. It is not a cut and dried statement of time-worn facts, nor an aggregation of uninteresting tables, but a frank outspoken talk from a man who knows whereof he speaks, and who has the interest of his fellow-beings at heart. The advice and instruction given are excellent, while the keynote in the book is moderation. His sugges-

tions as to how a country outing may be secured at a cost within the reach of all but the very poorest, ought to appeal to the cooped-up dwellers in cities, while his glowing pictures of the pleasures of an outdoor life, are sufficient to make us all forswear bricks and mortar. There are a number of excellent illustrations, most of them descriptive of exercises that can be taken without apparatus, and all, more or less, upon the "resistant principle." Chapter 14 is especially deserving of commendation, on account of the valuable information it contains, as to how to begin physical culture, and, more important still, how to keep it up. We consider his noncompetitive plan, applied to field athletics, deserving of more than passing comment, but if we were to enumerate all the matters that impressed us favorably in this book it would be too long a task. Better get the book yourself; it will repay you.

THOUGHTS FOR THE RICH.—By Austen Bierbower, author of "The Vertues and their Reasons," "On the Training of Lovers," "From Monkey to Man," "How to Succeed," etc. Fowler & Wells Co., New York. Paper, price, 25 cents.

This little book is made up of epigrammatic sentences, each of them a nugget of wisdom in itself. Although entitled "Thoughts for the Rich," its philosophy is applicable to any station

in life. Take the following, for instance: "We could easily have what we want, if we did not get so much that we want," or this, "Unless you need more than yourself, don't give an arm of yourself for it." The following should be taken to heart by the class that includes a Carnegie: "There should be no millionaire spenders as well as millionaire owners—those who have a million ways of using money, instead of a million pieces of money." These are a sample pithy truths in this book of true financial wisdom. There is no rich or poor, who cannot study its lessons with profit, for it is the true philosophy of life.

THE AMERICAN JOURNAL OF SURGERY AND GYNECOLOGY has ceased to exist, and with the April number, makes its bow to the public as The American Journal of Surgery. Dr. Joseph L. McDonald, Jr., for fourteen years Managing Editor of the International Journal of Surgery, has purchased all the rights of the publication that has just been rebaptized, and having gathered about him a brilliant staff of the most able surgeons, he proposes to make of it a thoroughly practical Surgical Journal, that shall be second to none. In view of the able assistance at his command, and his own wide experience in the managerial field, Dr. McDonald should, and undoubtedly will, make his new venture a conspicuous success.

CORRECTION.

In our last number, a mistake was made in the article by Mr. G. H. Corsan, entitled "Nervous Men." The error occurs

on page 134, second column, lines 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, and should read: "If you are an artist, sing, if a singer, paint." Please note the correction.

re is scarcely an article of vegetable more widely useful and more sally liked than the apple. Why a farmer has not an apple orchard, if the trees will grow at all, is one of the greatest mysteries. Let every family, in autumn, lay in a good store, and it will be to them the most economical investment in the whole range of culinary supplies. A raw, mellow apple is cooked in an hour and a half, whilst cabbage requires five hours. If eaten freely at breakfast, with brown bread and butter, it has an admirable effect on the general system, often re-

moving constipation, correcting acidities, and cooling off febrile conditions more effectually than the most approved medicines. The most healthful dessert that can be placed on the table is baked apples. If families could be induced to substitute the apple—sound, ripe, and luscious—in place of the pies, cake, candies, and other sweetmeats, with which children are too often stuffed, there would be a diminution of doctors' bills sufficient in one year to lay up a stock of this delicious fruit for a season's use.
—PROFESSOR FARADAY.

In Japan there is no such thing as disrespect from youth to age. No Japanese boy or girl could ever think in a disrespectful manner of his or her superiors or teachers, and this may be due to the earnestness so unusual among young children. When a student enters a master's presence in Japan he bows to the floor, and when the lesson is ended he bows again, with expressions of deepest gratitude as he takes his departure. The teacher, sitting in most

cases upon his feet on the floor, gravely returns each salutation, then lights his little pipe at the inevitable bit of a smoking-box and waits for his next class. There is no hurrying of masters from room to room, as in some of the schools in our enlightened land. Great imitators as they are, the Japanese are remarkable for knowing instinctively those "foreign" customs which would not coincide with their national characteristics.—*Leslie's Weekly*.

In his address to the prizemen at St. George's Hospital Medical School, Lord Kelvin observed that every doctor and nurse could administer spiritual consolation to a patient by giving cheerfulness and a kind word or look. Mental life often tends to make nurses partial to a fault. It is sometimes difficult to spare time in a ward for sentiment. But a word, a look, taking no time and costing nothing, will frequently, as Lord Kelvin also said, be waited for

from a sick bed throughout a weary day. We know that this is so; and that if that expected word or look be not forthcoming the sufferer's day is a blank, since in illness everything is viewed disproportionately. The subtle sympathy of a real nurse makes her feel that no small part of the art of healing consists in trying to instil hope and cheer into the helpless ones at her mercy.—*The Hospital, Nursing Section*.



PUBLISHERS DEPARTMENT

This number of HEALTH is the last that will be published from this address, for after making this building our abiding place for eleven years, circumstances have compelled us to vacate it. On May 1st we shall take possession of our new quarters, and by the time this issue is in your hands we shall be comfortably installed at 321 Fifth Avenue, New York, where we hope to see any of our friends who may visit the city, any and all of whom will be heartily welcome.

Although leaving busy Broadway for the more aristocratic region of Fifth Avenue, we beg to assure our friends that the change of location will in no wise alter our relations, and we shall continue as modest on our own merits as heretofore. The only result that we can foresee at present, is that our new surroundings will impel us to even greater endeavor, to raise the standard of excellence of our magazine, and to strive even harder, to extend its sphere of usefulness. Consciousness of honest effort is a reward in itself; but nevertheless it is gratifying to know that those efforts are appreciated, hence letters like those which follow, are exceedingly pleasing:

I would not be without your HEALTH. For endless fame, or words of wealth: And wish you health and wealth and cheer. Through many a glad and prosperous year Wm Murray, Athol Bank, Hamilton, Canada

I had intended not to take the magazine this year, being so taken up with family duties that I have not much time for reading; but have concluded to renew, and here with enclose one dollar for that purpose. I love very much to read your magazine, it enlightens me quite a good deal. I never did have much use for doctors, and now they have got to be a thing of the past with me. Mrs. S. E. Lidd, 308 East Sixth St., Lancaster, Ohio.

I beg you to excuse my delay in renewing my subscription to HEALTH. I did think I would drop it this year, for the reason that I am getting on in years, and my eyesight fails me so that I can only read a short while, but when I came to the point I felt that I could not drop my old friend yet, so please find enclosed one dollar for same. Yours truly, Mrs Wm. A. Knowles, 162 Cross St., Middletown, Conn.

Enclosed, you will find one dollar to renew my subscription to HEALTH, and as a premium, I should like the picture of the Presidents of the United States. The magazine comes regularly and promptly, to my great satisfaction, for it always contains very interesting reading matter. Yours respectfully, F A Sullivan, Hartford, Conn.

Have just received the March number, my intense satisfaction. I had been wondering whether my copy had been lost in the mails, and was considerably surprised when it made its appearance. When I saw the notice, and learned the cause of the delay, I felt deeply sorry, but at the same time, glad that the blow was not severe enough to cripple the publication, and think you deserve great credit for the promptitude with which you made good to the public. You have my sincere sympathy, and earnest wishes that no similar calamity may ever again befall you. Your admiring subscriber, Mrs. Ethel Bartlett, Schenectady, N. Y.

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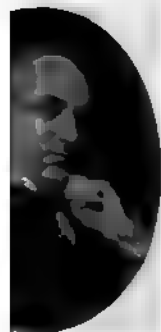
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HYGIENE IN LAUGHTER



Gingham—"Do you consider Dr. Seton a skilful physician?"

Butcher—"None better in town. Pays his bills regular."

Patient (at the doctor's office)—"I was almost ashamed to call on you, doctor, it is such a long time since I was ill last."

Exactng Customer—"Are you sure you've got that medicine mixed right?"

Druggist—"No, I ain't; but I've got it mixed the way the doctor ordered it."

Canada physicians are considerably puzzled over the case of a Mrs. Day, who has given birth to twins, one being white and one black. You never can tell what a Day may bring forth.—*Denver Evening Post*.

"Dr. Splintem, the surgeon," declared the man with the red shingles on his house. "is the most expert man in his profession in the city."

"Indeed?" politely asked the man with the iron dog on his lawn.

"Yes, sir. Why, there isn't any kind of a fracture that he can't set, and set it perfectly."

"Is that so?" murmured the man with the iron dog on his lawn. "Now, I wonder if he would be any good at setting a broken egg."—*Judge*.

"Dr. Grindem is a hard man wh comes to collecting."

"So I've heard."

"Yes, when Jim Waterman we him one day last summer the docto mad and told him to go to Halifa "Yes."

"And then he charged it up to J professional advice."—*Cleveland Dealer*.

The middle-aged man who resid the tall white house with the green l simply sat and looked and looker looked at the middle-aged wife of h som, and she sat and looked and l and looked at him. Neither said a

She had painstakingly planted his pills, and he in turn had taken her peas.

There really wasn't anything to —*Exchange*.

Hicks—"So you are going to Dr. tenheimer. His specialty is the sto isn't it?"

Wicks—"No; his specialty is keeping."—*Somerville Journal*.

The daily papers inform us tha Russian admiral in charge in the East is suffering from the effects severe nervous depression. One c readers asks, "Is it not possible th disease is in reality chorea?"—*Medical Journal*.

EDITORIAL DEPARTMENT

BY CHARLES A. TYRRELL, M.D., EDITOR.

Absolute cleanliness, both internal and external, is the golden key that unlocks the door of perfect health.

Vol. LV.

JUNE, 1905.

No. 6

SUN BATHING.

June is here. The month of roses. The bright, particular jewel in the crown of summer. And June, in this favored land, means an ecstasy of delight. What delightful visions the word conjures up of blue skies, verdant fields and brilliant hued flowers! Now, Nature is at her best, and those who cannot contrive to spend a few days, face to face with her, secure from the worry of business, should at least steal an hour at early noon or dewy eve, to get beyond the city's confines, and drink in health and inspiration from a contemplation of Nature's loveliness. Now is the time to re-invigorate the system with the glorious sun bath. Lose no opportunity to bask in the rays of the sun. You will lay up a store of energy that will be both a surprise and a delight to you. All nature, animate and inanimate, revels in the sunshine; man alone, seems least able to appreciate its virtues. Above all, let the children have all the sunshine possible—it is a necessity of growing life. Never mind tan or freckles. Health is the great

desideratum, and sunshine is one of the most valuable factors in promoting it. The reign of June is brief—enjoy it while you may.

LUNG MARVELS.

The advantages of deep breathing are being recognized now, as never before. Scarcely a publication in the country that does not touch upon the subject, either editorially, or in the form of a reprint. It is a gratifying sign to find public attention so continuously directed to the subject, since nothing is of greater importance; but it is doubtful whether one person in a thousand has an intelligent conception of the marvellous structure of the lungs, and why deep breathing is of such benefit. We may even go farther, and question whether some of the advocates of respiratory gymnastics, who advocate it so strongly, are any better informed. No organ works more industriously than the lung, laboring incessantly from birth until death, and when it is taken into account that they only have a rest of about one second between

each respiration, the amount of work performed by them in an average lifetime, may be dimly conjectured. To those unacquainted with anatomy, it may be interesting to know they are estimated to contain six hundred millions of air-cells, each of which has on its outer surface five minute blood vessels, or upwards of three billions. Part of these blood vessels are veins, bringing the impure blood to be purified; the others are arteries, carrying the purified blood back to the heart. With every breath drawn these air-cells are all more or less filled with air, or should be, when the interchange of gases takes place, the carbon dioxide being given off, and the oxygen appropriated. Since perfect nutrition cannot take place unless the blood is thoroughly oxygenated, the necessity for deep breathing at once becomes apparent, since only by completely filling the lungs can perfect purification of the blood be effected. The majority of people are shallow breathers, which means that the apices of the lungs (located just below the clavicle, or collar-bone) are constantly more or less filled with stagnant air. Not only does this deprive the body of the needed oxygen; but through lack of exercise the cells degenerate and atrophy, that is why consumption almost invariably commences in that part of the lung; when we reflect upon the enormous amount of surface area exposed to the action of the air, the importance of ensuring pure air is evident. The lungs are among the most marvellous examples of Nature's handiwork, and when we consider the prodigious amount of work they are called upon to perform, our wonder increases. The best acknowledgment one can make to nature for the possession of a good pair of lungs, is to use them to

their full capacity, and this can only be accomplished by deep breathing.

MISGUIDED MOTHERS.

It is a fact, patent to physicians and nurses, that the number of women, who do not nurse their offspring is steadily increasing. This is especially the case in what is usually termed, the well-to-do class, the delinquents being divided into two classes—those who are able, and will not, and those who desire to do so, but cannot. There is undoubtedly a general decadence in this respect, for which the conditions of modern life are responsible. There is little question that the mothers of the last generations were better able to nurse their children than the mothers of to-day. This is a serious condition of things, and calls for grave consideration, for we are confronted by the possibility of women losing the power of exercising the most characteristic functions of motherhood. The advent of the "new woman" has been expatiated upon in the most glowing terms: but if the evolution is to be attained by the practical unsexing of the genus, it is a menace to the race. We use the word "unsexing" advisedly, for if there is one essentially feminine attribute, it is the mammalian function of furnishing natural nourishment to the child. If the woman is physically incapable, she is deserving of pity, but if she is morally incapable of realizing the heinousness of her offence in willfully abdicating the holiest function of her sex, she ranks lower than many of the animals that she would shrink from being compared with. Nor can we close our eyes to the fact that the fathers are deserving of censure, for there seems to be a growing disinclination among them to bear the hon-

ors of parenthood, or, at least, those of multiple paternity, and there is also little doubt but that the desire of the mother to administer nourishment to her child from nature's fount, is sometimes frustrated by the disapproval of the father. How is this threatened evil to be averted? If it were due to ignorance, a campaign of education would be in order; but unfortunately it is a case in which nothing but an awakening of the moral sense will ward off the calamity.

THE POST CHECK BILL.

The American public is an easy-going, indolent, good-natured giant. In a vague, indistinct way it is conscious of its power, yet lacks the energy to manifest it. If it were not so, it would not be dominated as it is by a few selfish or unscrupulous individuals, who disregard its wishes. No better instance could be adduced of this condition of things than the fact that the Post Check Bill has been laid over until Congress reassembles. Here is a bill of the utmost importance to the community, that is almost universally endorsed, yet one man is responsible for the provisions of this beneficent measure being withheld from the people; that man—Senator Platt. He, taking advantage of senatorial courtesy (?), prevented the bill from being favorably reported. This one man, it must be remembered, represents the combined influence of all the wealthy express companies, who see one of their largest sources of income threatened by the passage of the bill. It is this same man, or rather the companies he represents, that is responsible for the glaring anomaly that we have no parcel post in this country. A petition is being circulated by Mr. Post, the author of the Post Check Bill,

for the expulsion of Mr. Platt from the Senate, on the ground that he is adversely influencing needful legislation. Whether the petition will be successful, remains to be seen, but Mr. Post deserves the thanks of every possible beneficiary of the act, for his public-spirited action. How long are we to be dominated in this manner? How long are the wishes of the public to be thwarted by the creatures it has created? There is a story of a man, who languished for years in a prison, until one day the idea occurred to him, to open the door. He did so, and walked out—free. Some fine day, the idea will occur to the American public that the remedy is in their own hands, when these obstructionists will be wiped out of existence. Each one of you that reads these lines can help to bring about that result. Bring your influence to bear upon your representative. Let him understand that they who made, can unmake *Vox populi, vox Dei* is not altogether a myth.

OUR BOYS.

It is a melancholy fact that our boys are sadly neglected. We place every safeguard around our girls, to protect them against unworthy boys, but we take no measures to render our boys more worthy as associates. Girls are, in the aggregate, winning and attractive, and experience little or no difficulty in finding a way into the homes of friends and acquaintances; but the average boy is shy and diffident, and truth compels us to say, he is very frequently noisy and mischievous. He is seldom invited into other homes, and in a very large proportion of cases, he is ill at ease in his own. The consequence is, he is thrown upon his own resources, and being es-

entially companionable, his choice of companions is often ill-advised. Boys must have the companionship of other boys. It is useless to attempt to prevent it. It is pitiful to see boys left to their own devices as they usually are, and since the only places that have a welcome for him are those where he should not go, is it to be wondered at that so many go astray? The prevailing impression seems to be, that masculinity, no matter what its age, can look after itself; but the wrecks seen among the flotsam and jetsam of our police courts, furnish ample evidence to the contrary. Why should the girls be considered, to the exclusion of the boys?

Are not their lives of equal value? Greater safety for the girls is to be found in better supervision of the boys. If parents, fathers especially, would take more interest in the matters that interest their boys, it would be a distinct gain to all concerned. Perhaps we are a little pronounced on this question, for we were blessed with a father who was comrade as well as parent. Father was never too busily engaged to answer a question, no matter whether it concerned a quantity in Latin, or a game of marbles; and we believe that in the comradeship of parents and the attractiveness of home, are to be found the essentials for the production of good and true men.

STATURE AND SICKNESS. — Among physical characters there are few, perhaps, which influence the incidence of disease to such an extent as the stature of the individual. Those folk who quarrel with their height and devise some fresh means for altering it hardly realize the system of compensation which may be traced everywhere in Nature. In attempting to add cubits to their stature they ignore the fact that the balance of the whole being may be endangered by so doing. An interesting paper upon this subject was read before the British Association at Cambridge by Dr. P. C. Shrubbsall, who stated that individuals of high stature were more likely to be affected by heart disease, rheumatism and tonsillitis, whereas short people were more often found suffering from tuberculosis, cancer, and nervous diseases. Such generalizations have not, of course, been made without careful observation and measurement of a large number of patients, though it may

not appear at first that there is any special connection between stature and disease incidence. From the life assurance point of view the height of the proposer may influence considerably the decision of the medical examiner. Most authorities, for instance, are agreed that if the stature exceeds five feet ten inches there is an increased risk, chiefly from heart affections. More than usual care should, therefore, be taken over the physical examination of the vascular system in a very tall subject, for it is well known that such people do not bear sudden strain or prolonged physical exertion at all well. The proportion between the height and the weight is even more important than the former alone. It may be advantageous at times to be head and shoulders above one's fellows, physically speaking, but a giant's stamina is not commensurate with his stature; indeed, the contrary is more often the case.—*Medical Press and Circular*.

CONTRIBUTED ARTICLES

RECOLLECTIONS OF A PIONEER HEALTH REFORMER

BY ELLEN GOODELL SMITH, M.D.

quite fitting that the first appearance of my face in public print should be in *HEALTH*, for with all its varied contents I have been its friend, and contributor to its columns from the time it was the *Hygienic Teacher*, with the number of years crowded with work and practice that consumed all my time and energy.

As a school teacher boarding with a family, I sent me a few *Water Cure Journales*: "Here is something that will do you good." I was then one of the physical wrecks made by calomel and other drugs when five years of age, and was always dosing to get relief and but never reaching that desirable state of health. I devoured those pages of "new science" and began at once to put them to a practical test. The way seemed as simple as the alphabet. Nature was shown to do all that was done outside of the human machine was only so many steps to set it in orderly health. There were substitutes for drug taking. Nature was scientific, and health, natural. The working of law as unerring in controlling all the work of nature.

Counsel was needed, and I went to a 'Lundies' establishment at "Round Bay" in Southampton, ten miles away, and was given a prescription for home treatment, but it was "heroic" as compared

with that of to-day, and looking back I wonder how we endured it. But thousands were taken from the burden of illness and the grip of death and sent on their way rejoicing. I read and studied for nearly two years, making slow progress, and forty-eight years ago entered the door of Dr. William T. Vail's Health Institute, at Franklin, N. H., a few months later located at Hill, six miles distant. I felt the glow of health the moment I went within, and met the doctor and his charming wife with their genial smiles and hearty greeting.

From that moment it was home, and more than home, for the elements lacking were found. With this house I was associated for seven years, working with all my enthusiastic energy in every department, obtaining there my practical education in combination with study which was of great advantage to me in Dr. R. T. Trall's College, from which I graduated in 1861. I then returned to Dr. Vail's as matron and physician for a time, and from there was sent out as a public lecturer and teacher of the doctrines of health. While nearing the close of a long season in this work, Dr. Trall offered me a position in the College, which I declined, and later a position in his Home at Wernersville, Pa., which I accepted. On my way there I called at

15 Laight Street, to confer with him, but he had just disposed of his interest there, and wanted me with him. "But I've not had sufficient experience to take charge of this city Institution." Yes, you have, and if I am satisfied you should be," was the reply, and that settled it.

Dr. Hoffman was there at that time and initiated me into my various duties, and the Movement Cure, with which I was not practically familiar, outside the class room. Dr. Trall soon went to St. Anthony, Minn., and the firm was Miller, Wood and Browning, for a time; then Miller, Wood and Holbrook. These three were married during my two-years' sojourn in that far-famed retreat, which is now entirely off the map.

When about ready to leave there for a lecture trip, Dr. J. H. Hero, of Westboro, Mass., called on Dr. Holbrook for a woman physician fully competent to have charge of "Movement Cure" and Turkish baths. As I had pioneered the Laight Street Turkish Baths to success without a mishap to any one, Dr. Holbrook said "the woman you need is here, and I think will accept your proposition." An introduction followed and in a few moments the contract was made. I took up my abode at Dr. Hero's in the spring of 1866, finding unusual responsibilities on my hands, having everything to systematize and bring into harmonious adjustment. The home and the labor were delightful, and the year closed with a full course of lectures, both public and private, to the citizens of Hopedale, Mass., and for which I received fifty dollars in cash besides a handsome present. I mention this because it was the first time I had received a stated sum for my work. Then followed my marriage and home in Minnesota. After a

year of domestic life and feeling thoroughly recruited in every way, my ambition for public work was so great we went to St. Paul and there established the first baths in that city, including electric and Russian baths, Swedish treatments, and the "Lifting Cure," in its prime. Dr. Butler of Boston refused to sell us his apparatus unless we abandon all other methods of treatment. This we refused to do and Dr. Trall invented a machine of his own, manufactured and sold many of them. We were pioneers in St. Paul in our method of healing the sick without drugs. Our lectures and our patrons were among the most influential in the city. We were at the height of success Dr. Trall visited and under our protest induced us to go to Philadelphia and take charge of the Home there. We remained with him a year, and then two years of independent practice. I gave two full courses of lectures each year, my rooms were crowded and business good, until the great financial crash in 1873; business was at a standstill and we came to the arduous home.

During the latter part of these years I had been developing a system of treatment of my own, and so getting rid of all cumbersome methods, instructing patients in all essential things toward the development of health in themselves. Since then I have done pioneer work traveling, lecturing and practicing, remaining in a place as long as the need of any one who needed me, from a few months to a year or more. I found myself able to accomplish better and more rapid results with my hands and teachings than ever before. I never neglected acute cases, the old chronic ailments being my especial delight—and the

cases that could be found in a came to me as a last resort. The s were sorely troubled over the made by that little woman, and ridi- the treatment, which was later in- ed into this country—*massage*— as been for years one of the most ful aids to the physician, and means lth to the ailing. I still prefer my ethod, which is easier, more effec- and without exhaustion to patient self.

m 1883 until 1896, mother being alid, I remained at home as house- ; and assistant to my brother in ss, that took me entirely out of the al world. After ten years of this awoke to the fact that I was fast ing a moss-grown fossil, and took pen once more determined to write f into my own world again. My ctions were seen in a variety of s. I then began my book "The Fat e Land and How to Live on It," was published soon after mother's in 1896.

looking over a volume of *The d of Health*, 1863, in an article ne I find these words, "It has been eight years since I first made your intance; you have been 'weighed in alance' and found 'not wanting.' found me the companion of dys- , liver complaint, a severe throat lity and a cough that friends de- was fast leading me into consump- But thanks to your teachings and l Providence, which led me to the g waters, and there taught me that ould be healthy I must obey the

Divine which nature had implanted in my constitution, I chose to obey and live, and now accidents excepted I don't see why I may not live to a 'good old age.' " From the enclosed circular you will see that I am still alive, although near death's door eight years ago from an accident that would have laid up many a one for life; no one expected me to do anything again, and it took three years to get where I could be useful. I then took up my practice for two years, the days crowded full of work never more arduous nor more successful. Then I was unexpectedly called into *Health Culture*, to edit a special department, which I did for two years, writing and publishing "The Art of Living," doing much other writing and some practice besides.

As nature long ago transformed the ailing girl into health, and again from helplessness into activity, you must see that I have taken a new lease on life. If I do drop out by the wayside and you are still an editor please don't say from the disease of "old age" nor "heart failure," but just call it anything else you please. I have no need to sigh and wish I were young again, when youth is within.

Dr. Fairchild was my College companion and has had an active and successful life as physician, writer, lecturer, and authoress. Now working in harmony we hope to leave a worthy record of labor that will not only assist those with whom we come in contact, but through them help to mold the coming generations.

life, as well as racing, all the worst nts happen at little ditches and cut- fences. In the same way you some- see a woman who would have made

a Joan of Arc in another century and climate threshing herself to pieces over all the little worries of housekeeping."— *Rudyard Kipling*.

NEARLY HALF A MAN'S WAGES GOES FOR FOOD.

BY C. GILBERT PERCIVAL, M.D.

According to recent investigations by the United States Bureau of Labor more than 40 per cent. of the income of the average workingman's family is expended for food.

The claim is made after inquiry into the conditions prevailing in 2,500 families in 23 different states.

That so large a proportion of the income is required for sustenance only goes to show the influence of magazines like *HEALTH* and others, and the tremendous importance of diet and nutrition. The mere fact that the average workingman spends so much of his income in such a manner when he could get the amount of nourishment, or even more for a much lower rate of income is pitiful and appalling. Another fact brought forward in the investigation referred to is that the more intelligent and well-to-do housekeepers are, the more economical they are in the purchase of food supplies. Many a mechanic's wife insists upon having the best sirloin steak, while the wife of a man who has many times the income of the mechanics, may

be satisfied with the cheaper cuts. a singular fact, especially pertaining to meats of all kinds, that the price per pound has little, if any, relation to nutritive value. A pound of steak costing 25 cents contains no more nutritive elements than ten cents' worth of a cheaper cut, and if the latter is properly and gently cooked it will be quite as appetizing and equally effective. The investigation also shows that the average American mechanic is a great meat consumer, perhaps too much of a meat consumer, which may account for the great percentage of income expended for food. With the American mechanic alleviating the evils of a too-much-meat diet by the economical methods of preparing tasty and edible cereals, vegetables, lentils, the percentage of income expended for food may be considerably lowered, also the percentage now expended on physician and drug bills. This would give more of the income to pleasure, education and literature, with a corresponding increase in health and longevity.

DIPHTHERIA.

BY G. H. CORSAN.

This is a malignant contagious disease of the throat, chiefly confined to children, in which the mucous membrane of the pharynx becomes highly inflamed and exudes lymph, thus forming a false

membrane which may fill up the larynx and air passages, thereby occluding the air from the lungs and causing suffocation.

This disease is very similar to

croup, tonsillitis or ulcerated sore

ptoms.—Indisposition; general depression; local fever; intense sore throat; difficulty in swallowing or breathlessness; white patch on the throat. This membrane can be easily seen and it is noticed that, upon attempting to swallow, the under surface will readily

the *malignant* or *black* diphtheria purities are greater and the throat tends to close up, causing suffocation.

causes.—(1) Bad foods such as cake, cream, as white flour products, as biscuits, puddings and cakes, (2) Milk and eggs, especially milk and eggs. (3) Foul air, as a child is apt to get by placing the bed under the bedclothes; or if the room is foul and damp as is frequently the case in winter time in the majority of houses, and hence the prevalence of diphtheria in winter. (4) Its origin is reputed to be from poisons, the result of a surfeit of rich foods, especially cooked fibrin and albumin; this is the soil in which the specific bacillus of diphtheria takes

prognosis.—No child should die of diphtheria, though as I write these lines many are dying, not of the disease, but of ignorance, which is bad nursing. A child, man or woman, who has the strength enough to have a fever has the strength enough to get well if properly

treatment.—Don't worry. At once feed the child three or four or even more times a day according to the offensiveness of

the passages. Then place in a hot bath—a full hot bath right up to the throat—place a still hotter compress over the throat and keep hot by frequently renewing. Give lemon and water to drink and plenty of it and mind no sugar in it. After the fever has gone down place in a warm snug bed and ventilate the room well day and night and have the sunshine in in the daytime. Food the child must have, but let that food be raw pineapple juice. Get ripe pineapples and compress the juice out—no sugar. And mind that is the only food the child must have. In nursing be firm.

If you do not like your child and want to prolong its sickness or kill it then feed plenty of milk.

All food is poison to the stomach of the diphtheritic.

Be sure and never pull the membrane when it is formed in the throat but let it slough off.

There will be sloughing of the bowels towards the termination of the disease.

A mild case of diphtheria can be made malignant by feeding milk, eggs and other animal foods.

The pineapple juice will keep the throat clean and clear, also the whole œsophagus and stomach, and any rancid proteid matter will be purified by the powerful vegetable acid without injury to the living tissues. When the throat is thoroughly clean and clear solid food may be fed.

The rapidity of the above treatment will astonish you. No child on earth can die of diphtheria treated as above.

The world contains at least four mountains composed almost of solid iron ore. One is the iron mountain of Sweden, another in Mexico, another in

India, and a fourth in that region of Africa explored by Stanley, and there have been reports of such a mountain existing in Siberia.

PERSONAL BEAUTY.

BY WILLIAM S. BIRGE, M.D. . .

Personal beauty should be a subject of consideration to every girl and woman, and should lead her to make herself as attractive as possible. Cultivate beauty, real beauty, and its underlying principle is "plain living and high thinking." The essentials of true beauty are temperance, purity and exercise.

A good recipe to insure bodily perfection has been given by a well-known writer: "Study Greek models for the head, English for the complexion, Irish for the hands, American for the fingernails, Hindostanee for the feet, and Spanish for the gait."

To acquire beauty, a general knowledge of anatomy, physiology and chemistry is essential. How can a woman become or remain beautiful who has no comprehension of the changes of her body from dietetic, atmospheric and emotional causes. To persevere in the task of cultivating beauty and preserve the natural endowments of the body is a serious work. It calls for unflagging industry, and should be one of the regular duties. All parts of the body should receive impartial attention, the eyes, complexion, limbs, etc., until a harmonious whole is secured.

The greatest secret of beauty is health, and unless each organ of the body performs its functions there is not perfect health. If one part of a machine refuses to do its work, the entire machine is thrown out of order. This is equally true of the human body. The stomach

is in a great measure responsible for many defects. No beauty is perfect without a good complexion; by this we do not mean a fair complexion, but a healthy, elastic, clear one, with a lustre. A lack of such a complexion is due to a number of causes, prominent among which is the imperfect action of different organs. If the stomach is not doing its work properly the food is not digested. As a natural consequence the effect of this is shown in a sallow and lustreless complexion.

How often do we see the other wise handsome schoolgirl with a pasty complexion. It is due largely to an imprudent diet, especially at the noon-day luncheon, which often consists of cake, pie and confectionery. What you eat, when you eat, and how much you eat, plays an important part in the matter of complexion. Fruits, especially those that are tart, ham bread, greens, broths and soups (not greasy or highly seasoned), and acid drinks, and lean meats are recommended as beneficial.

A Southern woman who was a beauty in her youth, and at the age of sixty retained many of her charms, especially her clear, fresh complexion, attributes it partially to the fact that she abstained from drinking tea and coffee; drinking instead lemonade, acid drinks, and mineral waters, and always a glass of water before breakfast, and eating plenty of chopped lean meat without potatoes.

Different temperaments require different

treatment. A slender, bilious brunette, whose blood is thin, may indulge in underdone beef gravies, and plenty of beer, while the blonde, who is inclined to profusa and a florid complexion, must restrict herself to eggs, milk, bread, and broths and fruit. Too much stress must not be placed on moderation as an aid to digestion, and an improver of the complexion.

Eat temperately; do not overload the stomach. Eat and drink as you would use medicine to answer a need. The line is not far distant when we will not take food indiscriminately than we will take poisoned drugs. Eat to live, do not live to eat.

Alcoholic drinks are death to a good complexion. A woman once said to her physician: "Why is my face so red?" When being questioned she acknowledged she indulged in a glass of whisky and water at night. He said: "Leave off the water and your face will soon turn purple." Opiates, narcotics, sleeping pills, all tend to ruin the complexion. Avoid the excessive use of tea and coffee, and do not take it strong. With a little self-denial, the use of hot water may be substituted for these drinks, and in this absence will scarcely be noticed, and the complexion much improved.

I recall how one lady of my acquaintance regained a smooth and beautiful complexion from a perfect waste of health, the chin especially showing pimples and unsightly red blotches. She had naturally the clear, white skin that comes with light-brown hair and gray eyes. After awhile the complexion became cloudy and the skin hard; small pimples appeared on the chin, seeming to lie deep down under the surface. At

first she did nothing for the trouble, thinking it was only a temporary indisposition that would soon pass away. But it grew steadily worse, and from having a smooth, fine complexion, her face became a "sight," and she grew extremely sensitive about it. At night she bathed her face in a bowl of warm water, in which a heaping teaspoonful of powdered borax had been dissolved. She used a soft washcloth of old linen, and a pure, unscented cocoanut oil soap. She did not scrub the sore, sensitive skin, but rubbed it carefully and then poured out the warm water and turned on hot—as hot as she could bear it. She threw the water up on the face, using no cloth, simply hot water softened with powdered borax, to which she added ten drops of spirits of camphor. After this she dried her face by burying it in a soft damask towel, not rubbing it at all. Then she took a pot of perfectly pure cold cream, made up with rose water, and rubbed it thoroughly into her cheeks and forehead, reserving the chin for the best and longest rubbing. The little hard lumps under the skin seemed at first to withstand all coaxing and softening, but she kept this treatment up religiously for two months before there was any appreciable result. To this night treatment she added a cold bath in the morning. She experimented with this latter part of the treatment until she was sure the cold water was adapted to her system; then, no matter how cold the weather or the water, that arctic bath was never omitted. A month of this had a wonderful effect. Her face began to suggest its former clear, smooth appearance, and the roughness on the chin began to grow softer. Her plan of diet was rigidly adhered to, and this was what she lived on each day:

On leaving the cold morning bath she drank a glass of hot milk. Then for breakfast she ate, first, an orange, a small bowl of either cerealine, breakfast food, shredded oats or cracked wheat, well covered with rich cream. A small slice of beef, cooked rare, graham bread and milk toast completed the meal. Occasionally she ate a soft boiled egg. Every other morning she had a mutton chop, so she would not tire of the beef. For luncheon she ate fruit, a salad, graham bread, unsalted butter, cup custard, and drank a glass of milk. Bouillon, beef, mutton or fish, vegetables, stewed fruit, a pudding or an ice formed her menu for dinner. She drank neither coffee nor tea, but took a cup of hot chocolate just before she got into bed—when she felt that she wanted it. She took long, brisk walks every day, no matter what the

weather, wearing a soft tissue veil if the wind was cold or cutting. If it rained she wore waterproof boots and a mackintosh and, with a man's large umbrella, minded the moisture no more than if it had been sunshine. If it snowed or sleeted it made no difference with her; that daily airing was going to be taken. She sleeps in a room without a fire, and finds that her sleep is sound and refreshing. In the summer she keeps every window open in her room. At night she takes a warm sponge bath just before she goes to bed. A year from the time she began to treat herself she was prettier than she had ever been in her life, and her complexion was simply beautiful. Her eyes were clear and bright, and there was a general air of elasticity and vigor about her that she had never known before.

OUR MEDICAL LAWS.

BY HUGH MANN.

The osteopathic physicians in the State of New York are trying to have a bill passed to place the practice of osteopathy under the jurisdiction of the Board of Regents. Of course, this is being opposed by the medical societies, and during the hearing of this bill, one smart M.D., who is one of the leaders of the opposition, sprung a sensation (?) by challenging any osteopath to move one-fiftieth (1-50) of an inch the bones in a section of lamb which he exhibited.

Through this challenge the medical fraternity wanted to prove that the claims upon which osteopathy is based are false. The osteopaths by not accepting this challenge have proven themselves wise, as it is a nonsensical challenge.

The claim of the osteopaths that they can cure disease by moving the bones, and hence relieve the pressure upon nerves and ligaments, has been proven by the many remarkable and successful cures they have made. It has also been proven by the medical fraternity themselves, that in all cases of fracture of the spine the patient becomes paralyzed and when the vertebrae is replaced, thereby removing the pressure on the nerves, the patient gradually recovers. Is not this proof enough that at least some of the claims of osteopathy are correct?

If the drug doctors wish to challenge the osteopaths, or any other naturopathic physicians, why don't they do so scien-

and not theoretically? Let them six (6) or twelve (12) cases of (3) or four (4) different diseases cure half of them under the care of osteopath or other naturopath and the other half under the treatment of a representative of the M.D.'s. Let them publish the results of both treatments, and they should be published in one of the great newspapers. This is the only way to prove if osteopathy or naturopathy is worthy of recognition or not. By their deeds we shall know them. Where any licenses are given to the medical college graduates, they should require that they can properly diagnose and medically cure disease. The present system of examinations prove nothing; a graduate who has a more retentive memory will pass the examinations easier than the one with a poor memory, and the latter may prove to be a far better physician. The theories of medical (drug) treatment are all right as far as they go, but—they do not go far enough. The public want results and not theories.

The writer, to prove that the drugging of humanity are more in error than any other, issues a challenge of "Nature Cure," issues a challenge to them to answer and prove the following questions:

What is the cause of disease?

What is the cause of colds?

What is the cause of fevers?

How is pain caused?

How do drugs cure?

Do drugs act on living tissues, or not?

Has medicine ever radically cured a case of epilepsy?

I. Has a case of tuberculosis of lungs ever been cured by means of medical medication?

IX. Have the drug physicians ever cured a case of venereal disease, that has proved radical?

X. Have drugs ever cured a case of dyspepsia?

XI. If pneumonia, tuberculosis, smallpox, diphtheria, typhoid and scarlet fever, and other so-called infectious diseases are contagious, why do some persons become infected and others not?

The science (sic) of medicine is based on theory and not on facts. On the other hand, osteopathy, hydrotherapy, massage, kinestherapy, and other branches of naturopathy have been proven to be true therapeutic remedies by the numerous remarkable cures each single branch has accomplished.

The drug system of cure is unscientific in philosophy and practice, unreasonable in science, and contrary to the dictates of nature; it teaches a false doctrine of the essential nature of disease; a false doctrine of the action of medicines; a false doctrine of the relations of disease to the living organisms; a false doctrine of the relations of drugs to diseases; a false theory of vitality; a false theory of the remedial power of nature, and a false doctrine of "nature's law of cure."

Naturopathy is true in philosophy, harmonious with nature, and rational in practice; all of its fundamental doctrines in relation to the nature of disease, the action of remedies, the relations of diseases and remedies to each other and to the living organisms, and also in relation to vitality, the remedial power of nature, and nature's law of cure are both true and demonstrable.

All medical laws that make the drug prescribers the protectors (?) of the public, and forbid the practice of other systems of therapy, are unconstitutional and

should be repealed. In place of those we should pass laws that would allow all true physicians to practise, after they had proven themselves capable of radically curing disease.

The Boards of Health should consist of three (3) practitioners of each system of therapy, and each physician who has been granted a license to practise, should be compelled to report each case he treats, and if upon a thorough investigation it is proven that a physician has neglected his proper duty, or through ignorance has failed to cure some ailment that other physicians have treated and cured, his license should be revoked. This plan would eliminate those practitioners who care more for their bank accounts, than to relieve suffering, and would leave in the field the true physician who has the benefit of humanity at heart.

The drug doctor that cannot compete with the naturopath, and seeks to pass prohibitory laws, proves that he is either incompetent or lazy. If incompetent he should go into some other business, and if he is too lazy to investigate all other methods of healing, and hence be enabled to treat disease successfully, he does not deserve success, and if he starves it is his own fault.

About fifty (50) years ago Prof. R. T. Trall, M.D., in his *Water Cure Journal*, issued a challenge to the medi-

cal profession for a debate on "Nature versus Drugs." In 1901 the late Dr. August F. Reinhold also issued a challenge, that he would give \$5,000 to any charitable institution, if he failed to cure any so-called incurable case that he (Dr. R.) pronounced curable. The cases to be chosen by representatives of the drug doctors. Both challenges were unheeded. If drugs cure, why don't they prove it?

Either the system of drug therapy, or naturopathy is false. That naturopathy is based on scientific and physiological facts has been proven and that the science (?) of *Materia Medica* is based on mere and unstaple theories has also been proven; and no matter how many protective medical laws the medical societies will endeavor to pass, and how much they will oppose the recognition of naturopathy, their efforts will prove unsuccessful, because the truth can never be hidden.

"Truth crushed to earth will rise again;
The eternal years of 'Nature' are hers,
But error, wounded, writhes in pain,
And dies among his worshippers."

* * * * *

Since this was written the writer has received information that the osteopaths have been successful in their attempt to pass their bill. Hurrah! for truth.

Naturopathic physicians, get together.

HOW SHALL WE ORDER THE CHILD? NO. 5.

BY JAMES MONTGOMERY.

The question of chastisement is one of vital importance to both parent and child. The parents themselves, and all the people, are chastised. God deals with un-

converted sinners, and with indifferent Christians as He expects parents to deal with their offspring. The father and the mother (the mother no more so than

ther should be) are as God to the

It knows no authority nor example or greater than parents. And is reason parents may learn their to children by noting God's dealing with them. Listen: "Thou shalt consider in thine heart that as a man neth his son, so the Lord thy God neth thee" (Deut. 8 : 5). Again, "I be his Father and he shall be My son. If he commit iniquity, I will chasten him with the rod of men, and he shall receive stripes of the children of men" (Heb. 12 : 14). Again, "For whom the Lord loveth he correcteth; even as a father the son in whom he delighteth" (Prov. 3 : 12). And again, "Have ye not seen the chastening of the Lord? nor faint when thou art rebuked of Him? * * * If ye endure chastening God loveth you as with sons; for *what* chasteneth the father his son whom he loveth? if ye be without chastisement, ye are not his sons, but the children of men. *of all are partakers*, then are ye not his sons, but the children of men. *ye have had fathers of our flesh which corrected us and we gave them reverence: should we not much rather be in subjection to the father of spirits and live? chasten ye them for a few days chastisement as seemed good unto them; but for our profit that we might be partakers of His holiness. Now no chastening for the present seemeth joyous but grievous: nevertheless, afterward it yieldeth the peaceable fruits of righteousness unto them which are exercised thereby. (Heb. 12 : 5-11). God's ways have results. They yield the peaceable fruits of right-doing. Yet no chastening for the present seemeth joyous, but grievous: not only to the victim but also to*

the conscientious parent who wields the rod. Well do I remember the agony the first real whipping our child ever received gave me, and how I knelt by the bed on which she had sobbed herself to sleep and asked God to make the lesson remain with her so I would not have to endure the punishment again. I am glad to report that never again for that particular offense have we been compelled to correct her.

It has been said by a writer whose wisdom I very much respect that one thorough whipping is usually sufficient for the average child, if administered at the proper time. It is as sound logic as experience has proven; although in exaggerated cases it will of necessity take patience and perseverance to succeed.

And to conclude let us very briefly review the lessons learned in these studies, that they may become fixed in mind and be of practical value to those who reverence the Word of God and who love their children.

1. "Be a joyful mother of children" (Ps. 113 : 9). Do not shun it—"Be fruitful and multiply and replenish the earth" (Gen. 1 : 28). It was for this that the marriage institution was invented. The maternal instinct is of early development in children; and is only crushed out by artificial lives and wicked practices.

2. Begin the training of the child before it is born (see Judges 13 : 4 and 14). Four or five months' training during this period is of more value than so many years afterward.

3. "As new-born babes, desire the sincere milk of the word that you may grow thereby" (1 Peter 2 : 2). Babies should nurse at the breast of the mother. All natural instincts demand this; all reason requires it; and even science agrees that

it is usually best. "Can a mother forget her sucking child? Yea, they may forget" (see Isaiah 49:15).

4. Training should begin early. The prenatal influence may be termed "indirect training" and *direct training* is that applied to the child itself and should be begun "while yet there is hope" (see Prov. 19:18), so that trouble may be spared the parents and that the child escape the distress and the woe of a disobedient life.

5. If neglected in early life the training should be accomplished with a will at once, "and let not thy soul spare for his crying," for "if thou beatest him with the rod he shall not die—thou shalt beat him with the rod and shalt deliver his soul from hell" (Prov. 23:13 and 14).

6. The result of neglected training is a generation "disobedient to parents, unthankful, unholy, without natural affection" (see 2 Tim. 3:2), who behave themselves proudly against the ancient (Isa. 3:5), and have no confidence in father and mother (see Ezek. 22:7). These are the children of whom it is said: "There is a generation that curseth their father and doth not bless their mother" (Prov. 30:11). They are a grief to father and bitterness to her that bore them (Prov. 17:25).

7. We learned also that the parents should not "provoke their children to anger lest they be discouraged" (Col. 3:21), but must bring them up in the nurture and admonition of the Lord" (Ephes. 6:4) talking to them of the Laws of God" when thou sittest in thine house and when thou walkest by the way, and when thou liest down, and when

thou risest up" (Deut. 6:7). And be thou assured, faithful parents, that when they are older they will not depart from your teaching (see Prov. 22:6).

8. We also noticed that an influence of this kind exerted over the child grows and develops until many generations are helped thereby. So, "Tell your children of it, and let your children tell their children, and their children another generation" (Joel 1:3). "That the generation to come might know them (God's Works and Power, verse 4), even the children which should be born; who should arise and declare them to their children; that they might set their hope in God," etc. (Ps. 78:6 and 7).

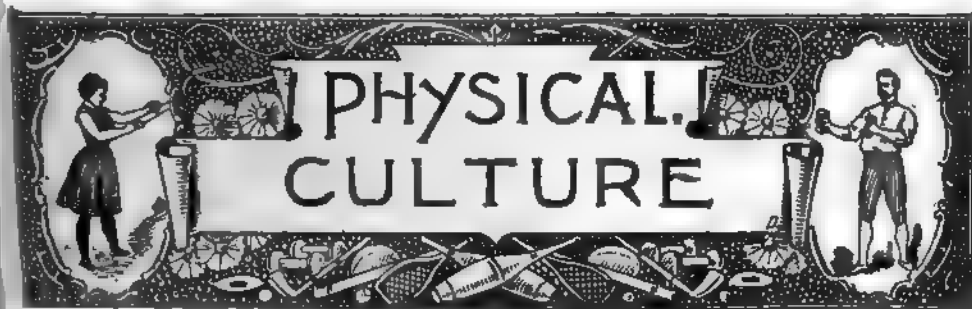
Thus we have reviewed the points made and have quoted again some of the texts cited in order to forever imprint their importance upon the mind of those who read these articles.

We have not attempted to mention the various details of the child's life which perplex the mother "at sundry times and in divers manners," because I believe if each mother (and father) will study the subject as its importance demands that she will be granted sufficient wisdom to meet every requirement and will raise up children that "will rise up and call her blessed" both in this present world and also in that which is to come. In the training of your children as well as in your religious instruction, let this quotation be your motto:

"The teachings of men so often mislead us;

What says the Book of God to me?"

(THE END.)



CONDUCTED BY PROF. ANTHONY BARKER.

WRESTLING.

No. 1.

(These Illustrations were specially posed by Prof. A. Barker and Al. Treloar, "The Perfect Man.")

Wrestling is the oldest of athletic sports. Its universal and continuous popularity from the earliest times, in all countries, and among all races, has unquestionably had much to do with the physical evolution of mankind.

The need of exercise is instinctively felt, not only by men but by animals. Wild animals exercise naturally, leaping, running, and climbing, much more than is necessary to procure food and escape enemies. This apparently purposeless activity, the playing of animals, is undoubtedly from an instinctively felt need of exercise. Strangely enough, this playing of animals very often takes the form of wrestling. Physical contest, attack, defense, seem to be the primitive natural purposes of strength. From this it is perhaps not surprising that, when a need of exercise is felt either by animals or men, it should take the form of an imitation or preparation for the conflicts on which the life of the individual may depend.

The primary object in wrestling is to overthrow your opponent. Many vari-

ous styles of the art have been developed by as many different races. In ancient Greek times a style of wrestling was used which differed not materially from rough-and-tumble fighting. In modern Europe it is unfair to grasp your opponent's legs, but the wrestlers are free to change holds or let go their holds as often as they like. This style is called the "Graeco-Roman," although it is a very mild and peaceful sport compared with the wrestling actually practised by the Greeks and Romans. In Graeco-Roman wrestling, two points down, that is, the two shoulders, constitute a fall.

In this series of articles, we will treat of two styles of wrestling. "Graeco-Roman" and "Catch-as-catch-can." Wrestling will be discussed not only as to technique, but from the standpoint of its use and value as an exercise. This and the two succeeding articles of this series will deal with the Graeco-Roman wrestling.

In Graeco-Roman wrestling as in all wrestling, the final object of each con-



PHOTO. I.

testant is to place his opponent on his back. As it is rarely possible for one of two experienced wrestlers to throw the other directly, from the position of Photo I, to his back with one motion, it is usually necessary first to get "behind" your man, as the wrestlers say, and then force him down and turn him over by gradual stages. To be "behind" your man in the wrestlers' slang, means often to be above him.

In beginning the bout, much more benefit will be secured in the way of both exercise and mental training, if the wrestlers would take it coolly and study out the mechanical principles involved. Do not struggle or push or pull aim-

lessly. Save your strength and watch your opportunity. Move slowly and lazily till a chance comes, then be ready for a lightning-like movement and the exertion of your whole strength in one movement.

Now as to how to gain your first advantage over your opponent, viz.: to get "behind" him, and seize him around the body from behind. If you attempt to dodge around him, he will simply turn as you go so that his face is always toward you. If you try to slip close past him, or to spin him around so that his back is toward you his arm on the side toward you will prevent it. To get behind him you must get his arm out of the way.



PHOTO II.

One of the best ways to do this is to push his arm over your head. From position (Photo 1), or any similar position, place your hands suddenly under your opponent's elbow and toss his arm up and inward right over your head (Photo 2). At the same time duck your head and dodge forward close past his side. As you go drop your other arm to your opponent's waist, and by the time you are behind him you are in a position to have both your arms around his waist directly from the rear.

The next move is to lift him in the position shown in Photo 2.

Notice in this position the method of clasping your hands together around a man's body, by hooking the fingers of one hand into the fingers of the other. This clasp turns the back of one hand inward. The thumbs are tucked in so that



PHOTO. III.

your opponent cannot get hold of them to unloose your hands.

The body heave, the start of which was explained above, must be done with great quickness. Its object generally is simply to slam your opponent down on the mat on his hands and knees with yourself on top (Photo 3). You are then ready to plan out your campaign for turning him over on his back. When you have brought your opponent thus to the ground with yourself on top, or, as the wrestlers say "behind," you have gained the first advantage. In this position you must hold him tightly as in Photo 3, until you are ready to take some sudden grip on him, for the moment you unclasp your hands, your antagonist, if he is a wrestler of experience, will slip away and spring to his feet. You would then have lost your advantage, and be compelled to start all over again.

In throwing your antagonist's arm over your head, slipping behind him and heaving him with a waist hold, you may try to land him at once on his back by the following throw: As you heave him in the air, take away one of your arms from around his waist, and quickly place your hand on the back of his neck by reaching in front of his arm (Photo 4). From this position drag him backward through the air, take away your arm from his waist, and drop him on his side as in Photo 5. The moment he strikes the mat, use your arm that is back of his neck as a lever and roll him full on his back. It may even be possible to turn him in the air so he will fall full on his back instead of on his side, (Photo 6).

The position of your arm, the hand on your opponent's neck and your elbow

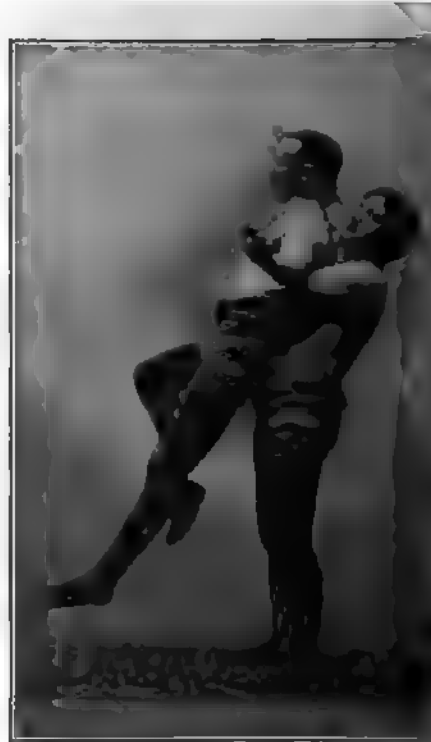


PHOTO. IV.

in front of his arm-pit, shown in Photo 4, is called the "half-Nelson," as used in many different combats. Other methods of attack and defense will be described and fully illustrated in future articles of this series.

The Hollanders are not fond of curing persons, who can, but will not work. If a pauper who is able to work, refuses to do so, they put him in a cistern, to which a pump is attached, and turn on a stream of water. The stream flows into the cistern just slow enough to enable the lazy person, by lively pumping, to keep the water from getting over his head.



PHOTO. V.



PHOTO. VI.



CONDUCTED BY HARRIET HEMIUP VAN CLEVE.

JUNE.

"And what is so rare as a day in June!
Then, if ever, come perfect days;
Then Heaven tries earth if it be in tune,
And over it softly her warm ear lays."
—LOWELL.—*The Vision of Sir Launfal.*

Believe in yourself, believe in humanity, believe in the success of your undertakings. Fear nothing and no one. Love your work. Work, hope, trust. Keep in touch with to-day. Teach yourself to be practical and up-to-date and sensible.

You cannot fail.

The color scheme of a room is of the utmost importance if you would have your rooms harmonious, and pleasing. In north rooms use red or yellow. Yellow is the best of all colors for a dark room. A warm pink is sometimes very good.

Use cool colors, greens, blues, olives, in bright sunny rooms. If one must have carpets the colors should be neutral. Next to matting the best and most economical carpet is a good body Brussels. It wears well and dust does not get under it. Never buy a cheap carpet or loosely woven matting. It will prove an unsatisfactory and extravagant pur-

chase. Hard wood floors are always the best and cheapest in the long run. Narrow pine boards with some pretty border make good floors, and can be waxed to look very well. Rugs are always the most desirable of any floor covering. One good rug, if but one can be afforded at a time, is a constant joy and comfort.

The draping of windows is not so expensive or difficult a problem as in former years, for fabrics suitable for this purpose range from twenty-five cents to as many dollars a yard. When you leave the white goods the cheap fabrics are apt to be so pronounced that they fail to harmonize with anything else in the room.

There are, however, many vegetable-dyed, moderate-priced India cottons that are free from this objection. The simpler the construction of furniture and the less ornamentation it has, the easier it is to keep it clean and in repair, and if the lines are good neither fashion nor time can affect its beauty or utility. A piece of furniture that is highly polished can be marred more easily than one with soft finish, that is, finished in oil. Soft finished furniture is kept in good condition with greater ease, and is more restful to eye and brain. High polished furniture becomes cloudy when there is

ampness in the air, and can only
ved with a good deal of trouble.

re to go into my garden with its
and the pulse of fragrance that
and go on the airy undulations.
its me like sweet music. Care
the gates, and gazes at me wist-
rough the bars.

ong my flowers and trees nature
ne into her own hands, and I
freely as the first man."

USEFUL HINTS.

water and sweet oil well mixed
l quantities is one of the best rem-
or a burn. Lime and lard, well
are also good.

w drops of oil of lavender sprin-
re and there through a bookcase
ve a library from mould.

lanch almonds, shell them, throw
nto boiling water, and let stand
back part of the stove five min-
hen throw them into cold water,
b them between the hands to re-
he skins.

ch chalk applied to grease spots
ll paper will remove the spots.
several times if necessary.

a piece of lime in the fire pot of a
e if you would prevent it rusting
the summer months.

you ever see a common wooden
uch as can be bought at any hard-
tore for five or ten cents, filled with
and vines? It brings a refresh-
eath of the woods into our home
also very decorative. The bowl

can be stained green or any color desired.
In May and June ferns can be found in
the woods in abundance and can be
easily transplanted.—*Good Housekeep-
ing.*

Another useful hint from *Good
Housekeeping* is that the nozzle of the
garden hose turned to a fine spray, is
just the thing with which to sprinkle
the clothes while they are on the line.
All plain pieces may then be rolled and
laid in the basket as they are taken down,
while starched articles need but little
further hand sprinkling on portions not
exposed.

It is good economy to buy kitchen and
laundry soap in large quantities, and to
let it dry before using it. The drying
will be hastened if the papers are re-
moved from the soap.

A wire shaker, or wire frying basket
should be used in drying lettuce. The
shaker should be of coarse wire, large
enough to hold a head of lettuce. Wash
the lettuce, drop it into the shaker and
shake it free of most of the water, set it
on ice until ready for use.

A delicious Spanish dish is made by
adding orange juice to strawberries, well
covered with powdered sugar.

The essence of sassafras scattered
about a room will drive away flies. A
few drops of the oil will also drive away
ants.

RECIPES.

BAKED INDIAN PUDDING.

Into a quart of boiling milk stir grad-
ually three gills of yellow Indian meal,
a half pint of molasses and a teaspoonful

of salt. Scald thoroughly and add two tablespoonfuls of powdered ginger. Into a buttered earthen pan pour a quart of cold milk and add a half pound of chopped beef's suet; into this pour the scalded meal, stir well, and bake in a moderate oven five hours.

BREAD AND BUTTER PUDDING.

Cut in thin slices a baker's five-cent loaf or use dry bread; mash and pick over one cup of currants. Butter each slice of bread. Put a layer of this bread in the bottom of a one-quart mould or basin, then a sprinkling of currants, and so on until it is all used. Beat four eggs and a half-cup of sugar together until light; add gradually one pint of milk, and a quarter of a nutmeg, grated. Pour this over the bread, let stand fifteen minutes and bake in a moderate oven thirty minutes. Serve cold, with cream sauce.

DUTCH APPLE CAKE.

Separate two eggs, beat the yolks and add one cupful of milk. Sift two teaspoonfuls of baking-powder with a cupful and a quarter of flour; add this to the milk and egg, beat thoroughly, and fold in the well-beaten whites of the eggs; pour into a shallow pan, cover the top with quarters of apples or halves of peaches, or any small fruit in season; dust thickly with four tablespoonfuls of granulated sugar, and bake in a quick oven for twenty minutes. Use enough fruit to make the cake palatable and cook long enough to make the fruit tender. Serve this hot, either with butter and sugar or with milk or cream.

BAKED ONIONS.

Peel and cut in thick slices large white

onions. Parboil in plenty of salted water, drain well, arrange in a buttered baking dish, dot with bits of butter and bake until soft and a pale yellow.

Sprinkle with salt and pepper and cover with a half-inch layer of grated bread crumbs and grate cheese over the top. Return to the oven long enough to melt the cheese.

CARROTS WITH FINE HERBS.

Cut cleaned carrots in thin strips. Put them in a stew pan, with a generous lump of butter and a slight dusting of salt and let them boil in their own juice until tender, adding a very little water if they become too dry. Sprinkle a dusting of flour over them and fifteen minutes before sending to the table sprinkle them with minced parsley, a pinch of cloves and a little lemon, then serve.

"I crave, dear Lord,
No boundless hoard
Of gold and gear,
Nor jewels fine,
Nor lands, nor kine,
Nor treasure—heaps of anything—
Let but a little hut be mine
Where at the hearthstone I may hear
The cricket sing,
And have the shine
Of one glad woman's eyes to make,
For my poor sake,
Our simple home a place divine;—
Just the wee cot—the cricket's chirr—
Love, and the smiling face of her."

CONCERNING WOMEN.

Mrs. Katherine Bushhonekaya, who has just returned to Europe, raised \$10,000 for the Russian cause during her five-months' stay in this country. She

ken back with her not only a substantial sum of money, but the esteem and warm good-will of hundreds of Americans.

One of the pretty incidents of the war was the letter of thanks dictated by the doctor to a Russian woman for her tending of wounded Japanese prisoners. The woman was Mme. Olga Tomlin, widow of a Russian colonel of cavalry. She entered the Red Cross when the war

she was very devoted to Japanese prisoners and they lost no time in getting the benefit of her kindness to their homes.

Leon Ford tells of a little girl who was always carried about with her a big doll. One day he met her without a doll. "Why, Marie," said he, "where's your pretty doll?"

The little one elevated her nose to an arrogant angle. Said she, "I don't have dolls for wax dolls now. We've got a meat baby at our house."

Once heard of a young girl who died early in life that she was neither rich nor beautiful. She did not even know the knack of being stylish, nor was she born rich. She determined simply to be sweet. First of all she cultivated a smile, a smile which never "came off." She studied the art of saying sweet things to people, and though she may have been called a flatterer, everybody

continued to enjoy having those things said to them.

The scattering of sunshine became a habit, and her once plain face was called a "sweet face," and some even went so far as to call her very pretty, and now at the age of seventy-five we say she has a beautiful character, and has a beautiful face. Everybody loves her and declares she is the sweetest woman they ever knew.

"Let us *not* bring up our children in such a way that they will come to despise work, aspirations and the spirit of simplicity in the paternal home. A too easy life brings a sort of lassitude of the vital energies.

"The spirit of simplicity is a very great magician. It corrects asperities, constructs bridges over ravines and abysses, draws together hands and hearts.

"The forms in which he dresses himself in the world are infinite in number. But never does he appear more admirable than when throwing light across the fatal barriers of situations, of interest, prejudices, triumphing over the worst obstacles, permitting those whom everything seemed to separate to know each other, to esteem each other, to love each other. That is the real social cement which builds a people."

"In the morning of life *work*; in the mid-day give *counsel*; in the evening *pray*.

People are all anxious to discover a true weather indicator—one that is strictly reliable. Not many know of the following method: Go out and gaze upon the smallest cloud you can see; if it de-

creases and disappears, it shows a state of the air that is sure to be followed by fair weather; but if it increases, you may expect rain.

THE COMING INTERNATIONAL EDUCATIONAL ALLIANCE AGAINST ALCOHOL.

Abraham Lincoln said:

"How nobly distinguished that people who shall have planted and nurtured to maturity the political and moral freedom of their species from slavery and from drunkenness."

His Emancipation Proclamation, sealed in blood, wiped the blot of human chattel slavery from our national escutcheon. But the slavery of alcohol still exists. Nevertheless, in this country we have "planted" and are "nurturing to maturity" a preventive system of education which we have reason to hope and believe will eventuate in what Lincoln called "moral freedom" from drunkenness.

That system is the progressive, compulsory study of temperance physiology graded to the comprehension of all pupils in all the public schools of the United States.

Other nations, seeing the effect of this study upon the manipulative skill, productive efficiency and progress of our people, are seeking to reproduce the same in their own countries. Professor Justus Gaule of Zurich, Switzerland, in a recently published article entitled "Muscles or Nerves," says:

"It is characteristic of the American workman that he has become a nerve-man. . . . America pays her workmen more because, as nerve-men, they give back more. In a rivalry between the old and new world on the basis of present ability to produce, the old world would have to go under. How shall this dan-

ger be averted? First of all by combating that which makes the nervous system incapable of further development, alcoholism. The alcohol-free atmosphere of America is a result of the instruction in the public school concerning the influence of alcohol. *The Americans by this instruction concerning alcohol have done their country a greater service than they think.* Such instruction cannot be imparted without a foundation in physiology, giving the idea that human life is based on definite laws. The transition from muscle-man to nerve-man begins with this instruction *in earliest years.* In order to accomplish this transition, we in Europe must broaden the instruction in our common schools by intelligent study concerning the powers of the human organism and the dangers which threaten it from alcohol."

A Royal Committee on Physical Deterioration in England reporting July, 1904, to the British Parliament, said:

"The Committee believe that more may be done to check the degeneration resulting from drink by bringing home to men and women the fatal effects of alcohol on physical efficiency, than by expatiating on the moral wickedness of drinking."

In harmony with this belief, upwards of 15,000 physicians, practically the entire medical profession of England, Scotland, Ireland, and Wales, have signed a petition for the compulsory study of hygiene and temperance, like that required in America, in all the pub-

hools of the United Kingdom. A
on paper says of this petition, "The
nse was very striking. Eight thou-
signatures were received by return
st and had to be conveyed to the re-
ig office by a special staff of post-
Others rapidly followed."

committee of thirty-one of these
cians, after studying this form of
d work in the countries that, to
extent, have adopted this Ameri-
educational idea, made out a syl-
of graded topics and methods of
action in hygiene and temperance,
i they have just sent to every lo-
hool board in Great Britain and Ire-
recommending its immediate adop-

Nearly all of the members of this
sh Committee, who have sent out
petition and syllabus, are university
ssors, representing the Universities
linburgh, Glasgow, Manchester, Bir-
ham, Cambridge, London, Liver-
Dublin, etc. One is the Editor of
British Medical Journal. Among
are Sir Thomas Barlow, Sir Lau-
Brunton, Sir Victor Horsley, Sir
am Macewen, Sir Henry Thomp-
Professor G. Sims Woodhead, and
s as distinguished.

rtainly it is interesting to us as
icans to notice the frank avowal
in all this the learned and philan-
ic abroad are following our exam-

They seem to be aware that when
y millions of people, by their Sena-
und Representatives in the National
ress and in the legislatures of all
forty-five states, enact compulsory
erance instruction laws, they are
d by an intelligent apprehension of
acts in the case. Indeed, the very
page of their syllabus directly ac-
ledges their indebtedness to that

distinguished countrywoman of ours
who, with her able corps of lieutenants
in every state and aided by the organized
thousands of the Woman's Christian
Temperance Union, and in constant com-
munication with the most eminent scien-
tific authorities in the world, has suc-
cessfully led this great providential move-
ment for the prevention of intemperance.
For that title reads as follows:

"Suggested Courses of Teaching in
Hygiene and Temperance for Boys and
Girls in the Public Elementary Schools
of the United Kingdom.

"Issued by the Committee of the Medi-
cal Profession in the United Kingdom,
constituted to promote the teaching of
Hygiene and Temperance, Chairman Sir
William Broadbent.

"Based upon the scheme prepared by
Mrs. Mary H. Hunt, for use in the
schools of the United States of Amer-
ica."

An English Associated Press cor-
respondent for American papers, com-
menting on this, says:

"This movement in England is one of
the many indications that John Bull is
trying hard to catch up with Uncle
Sam."

All the nations are welcome to catch
up with us in this achievement. We have
blazed this educational way for freedom
from slavery to alcohol at no small cost,
and to no one is this interest more in-
debted than to Mrs. Mary H. Hunt, head
of the department of scientific temper-
ance instruction and investigation, for
her thoughtful and heroic leadership.
This scheme of study has grown up grad-
ually from protracted and exhaustive
research and consultations respecting the
unhygienic and other causes that lead
people to drink, the scientific discoveries

of hygienic truths, including those relating to the nature and effects of alcoholic drinks and other narcotics, and those pedagogical principles which determine how and where those truths can be so taught to all the children of to-day as to shape the national life of to-morrow. This movement holds in its grasp many millions of our youth, and has such regard for detail as is calculated to reach every child, and to save every child for a future of intelligent sobriety. As Americans, we are grateful that the scholars of Great Britain have recognized the sound learning and deep insight into the educational methods essential to save a nation from alcoholic demoralization which have marked this great movement and have paid such a tribute to our endeavors by recommending for the public schools of the United Kingdom the scheme of study prepared for the schools of America.

King Edward VII is said to be advocating an Anglo-American alliance. Here is a step toward such a combination for warfare of an educational sort, against the greatest foe of the English-speaking race. The signs of the times point to Germany's joining us also, thus forming a "triple alliance."

Meantime, it behooves our American boards of education and teachers to more

than keep step if we are still to lead in this world-movement for the emancipation of the race from the slavery of alcohol.

Signed by the Advisory Board of the Bureau of Scientific Temperance Investigation and Instruction of the Woman's Christian Temperance Union.

ALBERT H. PLUMB, D.D., *Chairman.*

Pastor Walnut Ave. Congregational Church, Boston, Mass.

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Dean of College of Medicine, Syracuse University, Syracuse, N. Y.

L. D. MASON, M. D.,

Brooklyn, N. Y.

CHAS. H. SHEPHARD, M.D.,

Brooklyn, N. Y.

A German physician has devised an ingenious method of massaging the smaller joints. He takes the patient's hand and puts it in a deep glass two-thirds full of quicksilver. The mercury exerts an equal pressure on every portion of the fingers, and the pressure increases rap-

idly as the fingers further sink into it. The hand is alternately plunged and raised about twenty or thirty times at each treatment, and after a second treatment there is noticed diminution of the swelling of the joints.



ION.—I wish you would tell me, your paper, what is the matter eyes. They itch dreadfully and red. All through the day they excessively and there is a disturbing the night of a sticky char-d sometimes when I wake in the , I cannot open them, for the lids are stuck together. Can you tell me the nature of the trouble is, and what I should do to cure it? Yours truly, Mrs. Mary Walters, Cripple Colorado.

RE.—It is evidently a case of known as psorophthalmia, a form of inflammation of the eyelids. Due to a variety of causes, such as living, bad air, bad food, liquor, etc., and also frequently results from improperly treated acute ophthalmia. To cure it, strict attention must be given to the general health. The diet should be light yet nourishing, and in quantity. A daily hip bath should be taken and the bowels kept regularly cleaned. What is called the foot bath is also of excellent value. It may be taken by walking back and forth in the bath tub, in which there should be six inches of water. The eyes should be bathed several times a day in very tepid water at first, and finally cold water can be borne without producing any after-effects.

ION.—I wish to describe an attack my daughter had two days

since, and to ask your opinion concerning it. She had been very low-spirited for several days and on the morning in question, complained of nausea. This was soon followed by a fit of shivering, and a severe pain in the head, and also in the abdomen. Then she commenced to struggle, being violently convulsed, beating her breast with her hands and screaming violently. After the spasm had passed, she lay half-unconscious for upwards of two hours. I am worried to death for fear it is epilepsy, and beg you to give me your opinion on the matter, and also your advice how to treat her in case of a similar attack. Awaiting your reply, with anxiety, I am, yours very truly, Mrs. Ellen Carmichael. Tarrytown, N. Y.

ANSWER.—We can set your mind at rest as to the matter of epilepsy, for the absence of the two distinctive symptoms, namely, the peculiar cry and the total unconsciousness, which are always present in epilepsy, proves conclusively that it was not that trouble. The symptoms described by you indicate plainly that it was a case of true hysteria. This may be variously caused; for instance, intense grief or anxiety, constipation, excessive evacuations, obstructed menses, or the excessive use of tea or coffee. The following treatment will restore any case. Place the patient on her side on a sofa or lounge, with the head projecting over the edge, above a tub or similar large vessel; then pour perfectly cold water from

a pitcher over the head and chest until the patient becomes chilly and revives. Never, under any circumstances use anything but cold water, and if the patient turns very cold, discontinue it for a while and apply warmth to the feet. In nearly every case, the bowels are more or less constipated and should be cleansed, and due attention paid to the diet.

QUESTION.—I am nineteen years of age, slight of build and have always been very delicate. But I have, from my earliest childhood had a peculiar bluish condition of the skin, which has now become most marked—so much so, in fact, as to alarm me. Physicians, whom I have consulted, say that my circulation is poor, and the system needs toning up and strengthening; but although I have taken their tonics, etc., faithfully, there is no sign of improvement. Having noticed your replies to questions, it has occurred to me, that possibly you can throw some light on the matter. I cannot help feeling that the matter is more serious than I, or my folks, imagine, and I want you to be frank with me, even if the truth is unpleasant to hear. Can you, and will you, tell me what I am suffering from, and how it can be cured, if cure is possible? Yours, George Marchmont, Tontine Hotel, Montreal, Canada.

ANSWER.—Discolorations of the skin are frequently the sequelæ of severe fevers, and more often caused by the action of drugs; notably, nitrate of silver. From your description, however, your case would appear to be one of true cyanosis, which is always congenital, and for which, we regret to say, no cure is known. It is generally due to some mal-

formation of the heart, the most common form being a communication between the two ventricles, thus preventing decarbonization of the blood, and giving rise to the carbonaceous discoloration. Nitrate of silver has been known to produce a bluish tinge, resembling cyanosis, but from your description of your physical conditions, and the fact that the patient has always exhibited this condition, I think there is little doubt but that this is a true case. In compliance with your request, we have given you a true opinion, which, however, we do not claim to be infallible, but we would advise you to live a simple hygienic life, and we regret to say, we do not believe it will be a long one.

QUESTION.—I am troubled with a peculiar condition of the skin, which I describe in the hope that you can tell me what it is, and give me your advice how to treat it. It commenced with a feverish condition of the body, followed by a painful itching of the skin, as if I had been stung by some poisonous plant, then a rash broke out and was dying out almost and then coming again. After a few days the skin smoothed off where the rash was. I keep having attacks of this kind, and it is most agreeable and annoying. Can you help me out of my trouble? If you can, I shall be very grateful. Yours respectfully, Wm. F. Nicholson, 27 Elm Street, Harrisburg, Pa.

ANSWER.—From the description given by you, there is little doubt but that this is an attack of urticaria, commonly known as nettle rash. It is generally due to irritating, constipating or indigestible food; the excessive use of spices or vinegar, old cheese or

will cause it. The treatment is simple. Take a warm water emetic morning, for a week; take a daily enema of tepid water, and let diet be as plain and abstemious as possible. This, with a daily warm bath, gradually reducing the temperature of the water until it is tepid, will speedily relieve you of your trouble.

QUESTION.—I am thirty-two years married, slight of build, dark complexion, and constitutionally delicate. I desire your information; but it is my present physical condition, concerning which I desire to obtain your advice. I am subject to peculiar attacks which, in appearance as follows: I will suddenly become pale by a chilliness, followed by a more or less severe, in the pit of the stomach. I will become deathly pale, experience great difficulty in breathing. The symptoms are promptly followed and sometimes accompanied by numbness, seems to be a total stoppage of pulsation, generally in the arms, but at times, affecting the whole body. At first, when the attacks would come on, I felt sure death was at hand, but have now become a measure, accustomed to them,

although they are followed by utter prostration and a feeling of languor that sometimes lasts for days. I took medical treatment at first, but deriving no benefit, I determined to let them take their course. If you can tell me what my trouble is, and to what it is due, I shall believe that you are also able to prescribe a remedy. Your sincerely, Thomas Higginbotham, Los Angeles, California.

ANSWER.—The condition described is what is known as acrotismus, or pulselessness, and is in reality symptomatic of a deeper seated trouble. It is sometimes precursive of apoplexy, but by your description, you are not an apoplectic subject. It is sometimes due to functional derangements of the stomach, liver or spleen, and also to obstructed nerve diffusion. The attacks may be relieved by thorough frictions with cold wet cloths, followed by dry flannel or the dry hand, but the cure, if practicable, depends upon the observance of a strictly hygienic mode of life, a light nutritious diet, consisting largely of fruit and vegetables, scrupulous personal cleanliness, both internal and external, moderate exercise and plenty of fresh air.

BOOK REVIEWS.

DISEASES OF SOCIETY. The Vice and Crime Problem. By G. Frankurdston, M.D., Professor of Genito-urinary Surgery, State University, Philadelphia, etc. Philadelphia: J. B. Lippincott Co., 1904. Pp. 626. Price, \$1.00

This book is the result of years of study of sociology, criminology, criminal psychology and the kindred subject of social pathology, and is a presentment of

what the author believes to be true deductions from his study and observation of these subjects. The interest of the reader is excited in the first chapter, which is entitled, "Social Pathology," in which the principles of evolution are considered in connection with criminal sociology, and continues unabated throughout the work. The chapter on neurotic conditions, and their bearing upon criminal brain development, vari-

ous mental diseases and suicide, affords much material for thought, as also the chapters on the chemistry of social diseases and anarchy. In the latter chapter, particularly, the author enunciates some rather unique views; contending that there is "a governmental, political and municipal anarchy; an anarchy of capital, as well as of labor, and even an anarchy of law." Those interested in sociology will find this a highly interesting book, while criminologists will find it a most valuable addition to their libraries.

THE ATLAS AND EPITOME OF GENERAL PATHOLOGICAL HISTOLOGY. By Dr. Duerck, of Munich, Edited by Dr. Ludwig Hektoen, of Chicago. Saunders, 1904. \$5.00.

It is only during comparatively recent years that microscopy has had the attention paid to it that it deserves, in our medical colleges, and the number of medical graduates who could recognize or describe any particular form of pathological tissue, one month after receiving their diplomas, is lamentably small. Even the most conscientious of students can only cover a minute portion of the field during the college course, while the busy practitioner has not the time to devote to microscopic and chemical examinations. The necessity for a knowledge of the pathologic processes that take place in cells, fibre, blood and lymph is indisputable. It is absolutely necessary for accurate diagnosis and successful treatment, and consequently to the conscientious physician, this book will prove an invaluable aid. The illustrations are excellent, and the physician in search of a valuable assistant, can do no better than give this book a corner in his library.

STATIC ELECTRICITY AND THE USE OF THE ROENTGEN RAY. By Prof. B. Snow, New York School of Physical Therapeutics. Published by A. L. Chatterton, New York, 1904. Price, \$3.00. 3d edition.

The fact of this work entering upon its third edition, demonstrates the appreciation in which it is held by the medical profession, for it is more especially adapted to the profession than the general practitioner. It appeals to both the specialist and the general practitioner, being of especial value to the latter class, since it plainly explains many points in this branch of therapeutics that are but imperfectly understood. Electricity, in its application to disease, is as yet in its infancy; its value is widely recognized, however, and work like this, that makes it possible to be more thoroughly understood, and its application more effective, cannot fail to prove of service, alike to the professional and the laity.

UNCOOKED FOODS. How to Use Them. A Treatise on How to Get the Highest Form of Animal Food from Food. With Recipes for Preparation, Healthful Combinations and Menus. By Mr. and Mrs. Eugene Christian. Published by the HEALTH CULTURE CO., West 23d Street, New York.

It is greatly to the credit of the intelligence of the public, that so much interest is being taken in the food question. No subject can possibly be of greater importance than the proper selection of the materials from which the body is to be built, and in response to the demand, the literature on the subject is assuming formidable proportions. Every phase of the subject seems to have been covered, and countless theories

ded, to the great bewilderment of inquirer. The book under consideration deals with the latest aspect of the question, namely, the unwisdom of subjecting food to the cooking process. From this standpoint, the book in question is a valuable one. Its arguments are forcible, yet concise. There is no waste of words for mere effect. Whether the deductions be accepted or not, it sets out a strong case. It has long been recognized that the digestibility of food was in no wise increased by cooking, but whether the nutritive value of food is so seriously impaired as the author's claim, is an open question. In any event, those in search of information on the subject of preparing foods

without cooking, will find this a most helpful work. Large numbers of people, anxious to adopt a more rational dietary, are turning to the uncooked food theory as a solution of the difficulty: but are at a loss to know what foods can be so employed, and how to render them attractively edible. To all such we commend this book. It contains an abundance of recipes, many of which, when read aloud, have a most attractive and appetizing sound. The whole question is dealt with in a thoughtful and practical manner, and if the book contained nothing more than the chapter on cooking milk, it would have rendered valuable service.

CORRESPONDENCE.

NEW YORK, April 3, 1905.

DEAR HEALTH,

RE:—The item in your April number under the caption "Eddyism vs. Humanism" invites attention, for while historically accurate, the deductions are totally unfair, and you will be glad, I am sure, to publish the following brief statement. Admitting, as we are forced to do, that it was simply a cruelty for *any* person to leave the unfortunate lady on the stone steps, in wet clothing, when she was helpless from her injury, we must at the same time disclaim all association with Christian Science in such action, because it is as the veriest antipode of its beneficent teaching and practice, and all true Christian Scientists will join with you in thanking God that a gentleman with Christian instincts of Mr. Hayes hap-

pened upon the scene in time to save the sufferer prolonged distress.

Furthermore, to demonstrate such unkind treatment "Eddyism," is to draw unwarrantably upon the imagination speculatively; the writer who has lived in that noble Christian lady's home avers that had such a thing occurred at the portal of Pleasant View, the Founder of Christian Science would have healed her on the spot, or else, if she so preferred, would have had the injured woman tenderly removed within doors, and dispatched her carriage for the surgeon of the lady's choice, and this is Christian Science, the religion which undertakes to follow the teachings of our Saviour as recorded in the New Testament Scriptures.

Yours truly,

GEO. H. KINTER, C. S. B.



PUBLISHERS DEPARTMENT

The character of the publications that are in demand is an infallible indication of the trend of popular taste, and the marked increase in the number of periodicals, devoted more or less to hygienic matters, together with the attention paid to this subject by the newspapers, is a matter for sincere congratulation, betokening as it does, the awakening of the public to a realizing sense of the importance of preserving health, man's most valuable asset. We think we may claim, without egotism, that we have done our humble part in diffusing useful knowledge upon this important subject, and have honestly endeavored to live up to the principles we enunciated, when we undertook the conduct of this magazine. *HEALTH* points the way to the attainment and preservation of that inestimable blessing from which it takes its name, and without which, all other earthly advantages are as dross. This is our creed, and we have consistently endeavored to teach it, and to point out to our readers some of the simple, yet practical methods of attaining it. That we are not making unfounded claims for our publication, is amply demonstrated by the hundreds of letters we are constantly receiving, of which we herewith append a few. We will let them speak for us.

I wondered why my *HEALTH* for March did not come; but when it did come, and I saw

the reason why, then my heart went out in sympathy for you, and I was very sorry indeed that you had met with such a misfortune as to have a burn-out. I hope you were in such shape as not to lose anything, but that is next to an impossibility, for, however well insured a man may be, he is bound to lose more or less. Very sincerely yours, in sympathy, L. D. Teall, 484 Baker St., Detroit, Mich.

Please renew my subscription to your magazine. I will subscribe for it as long as I live. If our doctors would only subscribe for it, and do as it says, they could cure all the poor, suffering people. Yours respectfully, Elizabeth Madden, 91 Tockwotton St., Providence, R. I.

I have read the *Physical Culture* magazine, *Vim*, etc., and highly appreciate the views expressed in your publication, which sound sensible and logical; besides, your paper contains many useful household hints. I am a firm believer in good health habits and right living, and I think some of my friends here may be induced to subscribe later on, when they have looked through the magazine. Enclosed please find check for one dollar for one year's subscription. Yours very truly, H. A. Percival, Box 325, Olympia, Wash.

Enclosed please find my check for renewal of my subscription to *HEALTH*, which I think too much of to give up. I would like the Sanitary Coffee and Tea Maker as a premium. Yours truly, Mrs. Failes, High Lodge Park, Laurence, Mass.

Please find one dollar enclosed for renewal of my subscription to *HEALTH*. I enjoy reading your magazine very much, and appreciate the privilege of being able to ask questions in regard to my health. Kindly send Coffee Maker as premium. Very truly yours, Mrs. W. H. Eastman, Box 12, Lyme Plains, N. H.

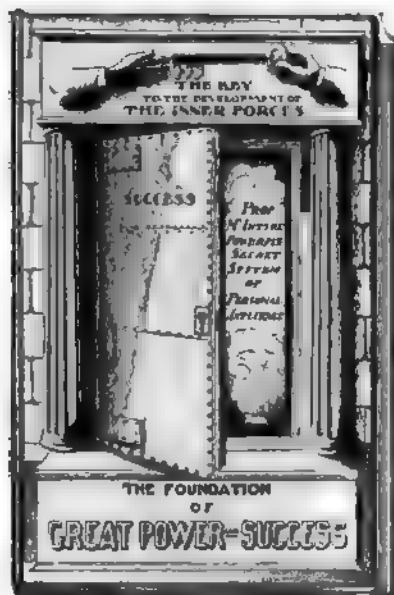
I am delighted with your magazine. Grand reading matter in it. Yours truly, J. H. Thompson, Doon Station, G. T. R., Canada.

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It reveals new and astonishing systems of developing the inner forces—concentration, force of character, a powerful memory, personal magnetism, hypnotic control, and the ability to cure yourself and others of any chronic disease, nervous disorder, mental trouble or habit, as if by magic. It tells in simple language how to acquire the power of projecting thoughts (telepathy) and how to read the characters, likes, innermost secrets, thoughts, and destinies of people like an open book. In it the author says he makes the human form a walking advertisement. It gives you the key to success, health and prosperity. and costs you absolutely nothing.

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HYGIENE IN LAUGHTER



"Doctor," says the man who had suffered paralysis of the arms, "do you think you can do anything for me? Will I recover the use of my hands and arms?"

"Why, I think," says the doctor, gravely, "that already your right hand is improving and that no doubt within a week you will be able to sign checks."

"Gracious," sighed Mr. de Spesey, "I wish I could acquire an appetite."

"For gracious' sakes," exclaimed his wife, "what do you want with an appetite? It would only give you more dyspepsia."

"Look at me," exclaimed the leading lawyer, warmly; "I never took a drop of medicine in my life, and I'm as strong as any two of your patients put together."

"Well, that's nothing," retorted the physician. "I never went to law in my life, and I'm as rich as any two dozen of your clients put together."

"Faith, he's a mighty foine docthor. He attinded O'Pheelan whin he was sick av th' appendicitis. 'Poke out yez toongue,' he says; 'bedad, Oi'll have th' opprate on ye,' he says. 'Divil a bit will Oi be opprated on,' says O'Pheelan. 'Then yez'll be a dead man b' 2 o'clock,' he says. So he opprated."

"An' saved O'Pheelan's loife?"

"An' saved O'Pheelan's loife—wan hour. He died at thray."—*Kansas City Journal.*

"John Jones, the patient who came in a little while ago," said the attendant in the out department, "didn't give his occupation."

"What was the nature of his trouble?" asked the resident physician.

"Injury at the base of the spine."

"Put him down as a book agent."—*Philadelphia Press.*

Early to bed and early to rise does very well for sick folks and guys, but it makes a man miss all the fun till he dies and joins the stiff that are gone to the skies. Go to bed when you please and lie at your ease, you'll die just the same of some Latin disease.—*The Boonville Advertiser.*

"What has kept you from church so many Sundays?" inquired a minister quite severely of one of his rather liberal-minded congregation. "Have you become a Deist?"

"Worse than that," responded the stray lamb.

"What! You have not been stricken with atheism, have you?"

"No, something worse than that."

"Worse than atheism? Impossible!"

"No, sir, not at all. Rheumatism, sir, rheumatism."

Countryman (to dentist)—"The tooth next to that 'un aches, too, Doc."

Dentist—"Yes, it aches in sympathy."

Countryman—"Yank it out. Durn such sympathy."

EDITORIAL DEPARTMENT

BY CHARLES A. TYRRELL, M.D., EDITOR.

Absolute cleanliness, both internal and external, is the golden key that unlocks the door of perfect health.

VOL. LV.

JULY, 1905.

No. 7

THE ART OF RELAXATION.

To know how to relax, is to possess the secret of conserving health and prolonging life. There are some few who possess the secret, and they are usually conspicuous for what they accomplish. It is because they know how to hold themselves in reserve: no useless expenditure of force; no impatience of results. It is the self-contained worker that accomplishes the greatest amount of work with the least expenditure of effort. There are thousands of well-intentioned ambitious people who constantly fail to realize their purpose, mainly because they dissipate energy in such an extravagant manner. If you would increase your effectiveness, if you would lengthen your days and add to your happiness, you must learn to control yourself. Waste of energy is fatal to success. No great thing was ever accomplished except by keeping force in reserve. We have familiar examples of the value of this truth in athletics, for even in the thick of a contest the art of relaxation is practised by the shrewd contestant, and upon it,

success frequently depends. This is especially true in long distance running; for the practised runner will relax to the utmost every muscle not actually employed, thereby saving himself for the supreme final moment of the finish. In college examinations, the student who graduates with honors is not the feverishly impatient one; but the one who is master of himself, and who is therefore able to bring the full powers of his mind to bear upon the questions propounded. Relax whenever possible, both mentally and physically, and you will be astonished at the amount of reserve energy you will accumulate, and at your increased capacity for dealing with the problems of life.

THE ACTION OF ALCOHOL.

One of the most widespread errors in relation to alcohol, is, that it imparts strength. Owing to this delusion many imperfectly nourished people spend money for alcoholic drinks, that would be infinitely more appropriately applied to the purchase of good palatable food,

from which, alone, strength can come. The stimulating action which alcohol appears to possess is due to a misunderstanding of the facts. We say, appears, for the action of alcohol is in reality paralytic. The apparent stimulation is due to its action on the cerebral functions, thus interfering with judgment, and giving the emotions free play. Its paralyzing action is clearly seen in its effects in alleviating pain and discomfort: not that these factors are removed or destroyed, but that the perception of them is deadened. This is particularly true of mental troubles, and is partially recognized in the familiar expression, "drowning his sorrows in drink." We frequently hear of such a one, that he can only accomplish his best work by the aid of alcoholic liquor; but the experience of those who have made the trial, shows conclusively that severe mental exertions can be better undergone without alcohol than with it. In refutation of this claim that alcohol enables men to endure privations and hardships we may point to experiments on large bodies of men, such as the English and American navies, and to the fact that a large majority of whaling ships are manned by total abstainers. The misconception that prevails in respect to the true action of alcohol is responsible for much of its abuse, and we can only hope for a diminution in its consumption by teaching people its true character.

THE PERILS OF THE TOOTH BRUSH.

According to Dr. Palier another danger menaces the cleanly but unsuspecting individual. Those of us who have prided ourselves upon our strict attention to the toilet of the mouth, have quite overlooked the fact that the tooth brush

is an ideal haven for microbes, pyrogenic and otherwise, and that although we may have escaped serious trouble from this source, we are still laying ourselves open to grave risks from the want of proper precautions in practising the cleanly habit of cleansing the teeth. It is a well-known fact that micro-organisms abound in the mouth: that bacilli, cocci, etc., are frequently found in sputum. That being granted, the necessity for keeping the mucous membrane that lines the mouth free from injury by abrasions is plainly evident. The doctor's contention is, that the tooth brush harbors disease germs, and being usually made with stiff bristles it is capable of lacerating the gums frequently does so, when the introduction of the ubiquitous microbe into the circulation is rendered easy. He points out that the tooth brush is seldom ever properly sterilized, washing with hot or cold water being the clearest means usually employed, which, from the bacteriological standpoint, is totally inadequate. While he does not neglect cleanliness, the doctor asserts in his opinion, the prevalence of dental troubles in this country is mainly due to the excessive use of the tooth brush. The only substitute he offers for it, is a ball of aseptic cotton, which, of course, can be destroyed after using. While the use of a stiff brush may have a destructive effect upon the enamel of the teeth, and cause trouble in that direction, we must confess that we do not feel serious misgivings concerning a possible increase in the death rate from such cause; but the germ theory is responsible for many baseless scares, and has to stand sponsor for many non-sensical fads.

ANCIENT AND MODERN ALCHEMY.

In a world of change there is nothing more startling than the changed attitude of mankind towards metallurgy. The alchemists of olden times became the chemists of recent years; but the chemists have again become alchemists. The possibility of transmuting the baser metals into gold is no longer regarded as chimerical, for it is conceded that transmutation is going on spontaneously in nature, and it is only a question of discovering the agencies (chemical or mechanical) that will quicken the transmuting force. We have it on the authority of Professor Duncan, of Jefferson College, Washington, that the actual birth of a new element has been clearly seen, in the evolution of helium from radium. True, the process was on a small scale, taking place in a test tube; but its chemical significance is none the less remarkable. It is well known that the nature of elements is determined by the character of the spectrum lines they exhibit when observed through the spectroscope, and in the experiment referred to, the gradual appearance of the spectrum lines peculiar to helium, were distinctly noted, although absent at the commencement of the experiment, showing that transmutation had taken place—that a new element had been evolved. The elements thus far known to be transmutable, are uranium, thorium and radium; but there is not the slightest reason to suppose that every one of the elements is not susceptible of transmutation. It would seem, therefore, that the old alchemists were right after all: that metals can be transmuted, and that without any supernatural aid, for in past times alchemy was considered a part of the black art. These discoveries open up a wide field of conjecture, for the possibilities are practically illimitable.

TAPEWORM AND TUBERCULOSIS.

No subject has occupied public attention, of late years, more completely than tuberculosis, its prevention and cure. The general consensus of opinion, both lay and medical, is, that consumption is preventable, and, in its earlier stages, curable, but the futility of drugs in its treatment is tacitly, if not actively, recognized. The leading authorities agree that the "fresh air" treatment is the only one that presents possibilities of cure, and sanatoria have been established for the purpose, in many places. Now comes from Buenos Ayres, a statement by the Mexican Consul General to his government that tapeworm is the natural enemy of the tubercular germ, and that the presence of the said worm in the system prevents the spread of the bacilli. This statement is made on the authority of two scientists, L. James and H. Mandoul, who have devoted much study to the subject, and cite an instance of a consumptive who was affected with tapeworm, and completely recovered his health. This might be simply a coincidence; but they go further, and claim that a liquid prepared from the taenia has been injected in several consumption cases, retarding the disease in the worst cases, and completely curing others. This is valuable, if true, for tapeworm is readily amenable to treatment, even if it be induced; but we greatly fear that it is but another phase of the serum delusion, and shall wait further developments before attaching any importance to it. It is no new doctrine that the presence of one disease will minimize the effects of another; but in this case, while hoping it may be true, we must plead guilty to scepticism.

CONTRIBUTED ARTICLES

THE PRESERVATION OF HEALTH AND CURE OF DISEASE.*

BY ROBT. WALTER, M.D.

These cannot be properly separated. Occurring in the same organism, the product of the same force, subject to the same laws, the principles which apply to the one, apply to the other.

These principles, having already been quite fully elaborated, we now turn to their application to the production of results whose importance far outstrips those of any other science which the ages have developed. "All that a man hath will he give for his life," but of what value can life be without health to enjoy or employ it.

Man is a microcosm,—a little world in himself, illustrative of the greater world of which he is a denizen. These worlds are alike in being made up of matter and of force—the elementary constituents of all natural existences. Otherwise stated universal existence is made up of *causes* and *effects*, or of their equivalents, *power* and *products*, or still otherwise, of *forces* and *motions*. It is the province of science to distinguish and not confound these, and to determine with something of precision their true relations. Knowledge of how effects are produced in order that we may produce or obviate, control or explain them, is the very essence of science.

First in the order of existence is *force*, as all teachers agree. It is the cause of

all that is—the substantial basis of all things, of which both *motion* and *matter* are products. The existence of *effects* presupposes *causes* which produce them—the power that produces necessarily precedes the thing produced. The material worlds rest not upon elephant or turtle as ancient superstition conceived, but upon an invisible potency called gravitation. So living things are built, not upon dust and dirt as a foundation, but upon an intelligent, living force, which, coming from preceding life, receives and organizes certain materials into a house in which to dwell and a machinery through which to work. It is here as elsewhere, mind before the man; the plan before the building; causes are always before effects.

ALL CAUSES INVISIBLE.—No one would question the truth of these doctrines for a moment were it not for the invisible nature of all causes. No man ever saw, or can see, a real cause, whether we consider the Great First Cause, or any subordinate agency or secondary cause in the universe. The movements of the spheres were open to observation for thousands of years before the moving cause was discovered. Even the power that propels the locomotive is not the steam we see; we observe the steam only after its power has been exhausted in work done. The explosion of dyna-

* Copyright by Robt. Walter, M.D.

gunpowder we observe in the produced, but the cause that produces can only be inferred. Just so in the world in which we live,—the tabernacle in which we dwell—is an effect of causes, to be apprehended, not by the senses, as the organs, even through microscope or telescope, but by processes of reasoning. It is reason, the light of truth, in the souls of men, that penetrates the mysteries and uncovers all real truth. It is not to Galileo's telescope but to his calculations that we turn for astronomical knowledge. It is only by the same processes that truth can be discovered, which processes carried forward in the minds of our great discoverers, of which Newton is the true type, worked out with the certainty of mathematics to the attainment of scientific truth.

Reason involves a premise from which to reason. All natural processes, whether mental or physical, are outward, and evolutionary. The mind thinks, and in all departments, works, and is directed to plant, plan to purpose, to produce a product, cause to effect, invisibly to visible result, is the order of existence without an exception in the universe. The *product* is ever before the eye, and the *process* usually open to observation, but science is never complete until the *cause* has been discovered. The knowledge of truth must be obtained before the organized product can be seen. Every true science involves a process; every process of work, whether of mind or body, involves a starting-point, a premise, a fundamental truth out of which conclusions may be developed.

POWER THAT WORKS.—The genesis, out of which all other truths derive their significance, is that all things

in Nature are the products of law, which in its larger sense, however, includes a statement of the force that does the work, as well as of the method in which the force works. Law sustained by power, or power controlled by law, as one chooses, is the very essence of science, because it is the essential fact of existence of which science is but a description. *To grasp with never-relaxing mental grip the force that does the work, and show with clearness the method of its operation, is to establish science in any department.*

This is the knowledge which the great discoverers sought and found; the physiologist must do the same if he will establish a vital science. The phenomena of life are so numerous, obscure and even contradictory, that no mind was ever capable of comprehending the complex mass in all its details. As well expect the president of a great railway corporation to give personal attention to every locomotive, car, or even switch on his line, or for the President of the United States to have personal supervision of every letter that passes through the mails, as to expect the physician to have personal knowledge of every detail of the patient's disease. What he needs is knowledge of the laws and forces that are producing the results, and so by controlling and manipulating these, he may easily determine what the results shall be.

The first step in the development of every science, therefore, is *recognition of the power that does the work*. The nature and habits of the workmen are what the railroad president should know, so the nature of the force that produces all vital manifestations should be first studied. It was the *force* of gravity that Newton first discovered; the law had al-

ready been established. Long before Newton the operations of gravity on the earth were well understood; it was Newton who conceived, and finally demonstrated, that the very gravity which controls the relations of masses to each other on the earth also controls them throughout the universe. In the same way, the primal element in any vital science must be the recognition of the force that carries forward all vital work, so performing all vital functions, whether in health or disease.

VITAL FORCE, THE BASIS OF VITAL SCIENCE.—Vital science, therefore, consists essentially in a study of vital force rather than of vital phenomena. Like all other sciences it will become exact only as it studies and applies the force that produces the phenomena; in a word, *it must deal with causes if it would control effects.*

There are but two other things in Nature at all comparable with vital force, viz.: gravitation and chemical affinity, the true bases of the two greatest of sciences. These, with vital force added, are Nature's great, original, producing forces, the sources of all movements, functions, processes, operations and effects in the natural world, knowledge of which fact is knowledge of incomparable value. Before gravitation was accepted as the source of astronomical phenomena, what arrant absurdities were imposed upon man; but were they ever greater than the absurdities of medicine among those who fail to accept vital force as the true cause of all vital manifestation and function?

The fact that Nature is a trinity, existing in three fundamental departments, each presided over and the product of its own force, was supposed to have been

established more than a century since. The chemical department, dealing with the elementary or atomic constitution of matter, with chemical affinity as its great underlying force, was already accepted; more than a hundred years previously Newton had established gravitation as the underlying force of mechanical existence, determining the relations of masses to each other throughout the universe, while all writers, thinkers, scientists, even empiricists, admitted the existence of vital force as the great producing power of vital existence. Sir John Herschell especially cites these three departments as the components of the whole and analogous with each other.

THE SOURCE OF POWER.—If, as we have seen, force is the *cause* and source of all production, and is consequently first in the order of existence, it follows of necessity that its source is the Author of all. It produces all forms of motion, but the cause of the motion, though it has a real existence, and is discoverable, is non-producible. Who knows how to make an atom of gold or manufacture oxygen or carbon, may possibly know how to make a force, but not otherwise. Given the matter we can make it into varied forms, or given the force, we can produce with it varied motions and "modes of motion"; but to make either the matter or the force would be to usurp creative power.

Nor can matter or force be destroyed any more than created. We may destroy coal, and liberate its force, but the elements of the coal, and the affinities residing in it, continue forever. Death is not the destruction of life, but only of the organism which life produced; it is the abandonment to destruction of the organism which stored the life, but to

y the force that made the organs as impossible as destruction of infinities of coal. The immortality is as certain as the indestructibility of matter.

man is a microcosm, then each new being is a new creation, just as easily as another planet, a new atom, or a new force which does not exist, would be a new creation, the source of whose power would necessarily be the source of all power. Vitality, the power of life, neither comes

out of food or air or both; it is an inheritance, not a product.

(To be continued.)

NOTE.—This series of interesting articles from the pen of Dr. Robert Walter, are the advance sheets of the second volume of his great work, "The Exact Science of Health," and being written by one who has made the subject a lifelong study, and who is, in himself, a living example of the correctness of his theories, we feel confident that they will prove both interesting and instructive. We would call attention to the fact that each of these articles is copyrighted separately, in addition to the general copyright that covers the general contents of the magazine.

FOOD ADULTERATION.

BY S. T. ERIEG, B.A.

withstanding the work of the Pure Food Agents, food adulteration still continues.

Judging from the prevalence of adulteration, it would seem that the profits derived from these inferior goods are amply sufficient to pay the fines for the violation of the law and still have a good surplus left over. One thing is evident: the laws now exist are not greatly feared. When we sit down to our tables we cannot be absolutely certain that we are getting pure food, so scientifically are the adulterations conducted. The bread is sometimes adulterated, and the butter we put on it. Vinegar, preserved fruits and meats, confectioner's produce, salt, milk, honey, spices, coffee, and tea are often adulterated.

Wines, brandies and beer, are colored with coal tar dyes and preserved with benzoic acid and sold as the pure article. Seed oil is mixed with lard oil and sold as pure lard. Meat is embalmed with sulphite of soda, and carbonate of soda mixed with salt and sold as pure

table salt. Large bake shops are known to use cheap and inferior flour. It is difficult to make white bread with this kind of flour, so to overcome this difficulty alum is used. Alum has been proven to be injurious to the human system, yet there is little said about the use of alum in bread.

Mustard is rarely pure, being adulterated with flour and turmeric. Pure pepper is also rarely to be had. Cocoanut shells, peanut hulls and sawdust are used in spices. Jellies and preserves contain little or no fruit, but are composed of gelatine, glucose, starch, coal tar dye, a little tartaric acid for flavor, and for coloring, zinc, copper, tin and arsenic are used with a little flavoring of fruit and perhaps a few fruit seeds.

Olive oil coming from France and Italy, went first from our country marked cotton seed or lard oil, and then comes back labelled pure olive oil. Maple sugar is over three-fourths brown sugar, and labelled and sold as the pure

article. Butchers have told me that bologna is made from poor meat, meat that could not be kept any longer. Just a few years ago the writer was passing a meat shop early in the morning, and on approaching, his nostrils were greeted with a stench most foul. While passing he looked in the window, and saw the butcher putting a white powder on two tubs of spoiled meat which was to be made into bologna and sold to the people.

There was a time when people went to the country for purity, now country comes to town with poison. The milk dealers, to insure themselves against any loss, doctor their milk and cream with formaldehyde and boric acid, both milk and cream are watered and the thinner cream colored yellow, and the milk also with annetto. When the milk dealers are caught selling adulterated milk, they shift the blame by saying they did not know the article they used was poisonous. If they did not know, it was their business to find out. It is a flimsy sort of court that can be caught with this excuse. The milk dealers that were fined at the beginning of one year for poisoning and watering milk were again fined at the termination of the year. What do they care for fines? Is there any wonder that babies and children die off like flies when this wholesale food adulteration goes on?

Fond parents blame Providence for the death of their little darlings, when the milk men, confectioners, and food adul-

terators should be languishing behind prison bars. The cemeteries are rapidly being crowded with little mounds, caused by poisoned milk, candies, and soothing syrups.

The poor are the first victims of criminal food adulteration. Infant mortality among the poorer districts of cities is enormous, simply due to evil. What is to be done with these criminals of humanity? As the crusade against adulterations is now conducted it does not greatly mitigate the evil. Why not fine the criminals? The extra profit from the adulterated products soon goes for the fine, and there is smooth sailing again until the next offense. These criminals are deserving of imprisonment, this great evil will never be abated until justice is dealt to them. The courts are too tardy in dealing with such cases. The district attorney should be so busy that he cannot attend to such cases as these. They are homicidal cases, and demand prompt attention. As it is the criminal adulterators of food and drink are escaping their just dues. The writer knows of a man who boasted he had made tons of burnt umber for chocolate factories, umber being, as perhaps you know, a brown mineral used in paints and wood stains, and containing no nourishment. Just recently I found in an analysis one of the celebrated beers contained arsenic, yet this beverage is advertised in the papers as a healthful daily drink.

HOW MUCH TO EAT.—“The quantity of food which it is necessary to take at each meal is not a matter of so much importance as the regularity and simplicity of diet. Whoever will govern himself by dietetic law—eat plain food, not

more than three times a day, give time for food to digest, take proper exercise—will find little difficulty in settling the question of how much he ought to eat.—J. K. Anderson.

HEALTH SEEKERS ENTANGLED.

BY MABEL GIFFORD.

Today there is a widespread interest in hygienic living. The unwholesome, artificial manner of life has brought people to such a pass, that they are forced to look for relief in order to make life tolerable. There is a growing dislike of drugs and medicines and a growing interest in natural living. For this we truly rejoice, for it is almost unbearable to see human beings spending their whole lives tearing down the beautiful temple God has given them to dwell in and making a torture-house of what was meant to provide delights innumerable and also to be a revelation of the power and wisdom of the Creator.

A deplorable fact connected with this search for health through normal living is this, that many seekers become bewildered and disheartened by the contradictions and complications that they find early in their investigations. "Yes," they hear them say, "I am interested in the food question, but I have not the time to give to the study of it." One doctor tells us that we must eat a great deal of meat to keep up our strength, another states positively that meat is only rotting flesh, that we get no strength from it but fill our bodies with poison that causes rheumatism, gout, and humors, and clogs the body with waste stuff until our machinery stops and we have apoplexy, paralysis, or drop dead of "heart disease." Another tells us that grains are the staff of physical life, and that if we make them our principal diet with a little vegetable and fruit food we shall be

all right and live long in the land. But the grain advocates disagree among themselves; one class claiming that grains should be well-cooked before they are fit to eat, another that they should be cooked but little, and still another, that they should not be cooked at all. Then along comes a man who looks very wise and maintains that vegetables contain salts necessary for the building of the body and that boiling them wastes the salts and makes the vegetables useless; and worse still, we salt them to disguise the "flat" taste, and fill our bodies with mineral salt, which is not a food, and has to be dumped about in out-of-the-way places in our bodies and makes us stiff and old before our time; he assures us that vegetables should be steam-cooked, for then they lose none of the valuable natural vegetable salts. But hardly has he exhibited his steam-cooker to us when a still more ambitious man elbows him out of the way and holds up before our bewildered eyes a *dry* steam-cooker, and he tells us that the old kind of steam-cooker evaporates more or less of the salts and makes things watery, while his cooker does things up brown. He has not long to talk before there are so many others calling for a hearing; the man who advocates uncooked grains and vegetables, also declares that fruits should never be cooked; that they supply the finest nourishment to the brain, and that cooking destroys the greater part of it. But a very indignant teacher drowns him out with a bigger voice and says that there is scarcely any nourish-

ment in fruits, that they supply little more than a liquid. And the man who says we must not eat salt, tells us also that we must not use sugar or vinegar, that sugar is turned to vinegar after it is eaten, and that both ferment in the stomach; we say the fruit does not agree with us, or something else, never the vinegar or the sugar.

And so we might go on through the whole list of foods. Then there are societies of people who have been experimenting to see if there is any way to do as you please and escape the consequences, and they advise that we eat whatever we please as often as we please, whenever we please and as much as we please, and when we get so miserable that we are frightened, or cannot endure our bad feelings, lay off a while and live on porridge, and when we get to feeling comfortable go at it again and enjoy ourselves. There are folks who claim to know, who say we should eat at least six times a day, and those who assert that we should eat but twice and better still, but once. Then they tell us that stimulants—alcohol and hot drinks—rest us, brighten us up and aid digestion, and again they tell us that stimulants stir up vital force but do not supply any, and the stirring up is but the using of it very fast so that we are losing ground so long as it lasts and really growing weaker as after-effects prove. And the food inspectors tell us that all foods and drinks are adulterated with poisons and worthless stuff not fit for us to take into our stomachs; also all the things we buy to concoct foods. And after all this discouragement comes one who informs us that no matter how wholesome the food we eat, if it is not properly combined it will do us no good.

And fast upon the heels of this one hurries the most exasperating instructor of all wiping out with a flourish of his thumb those who have preceded him and assuring us that we may eat what we please if we are not afraid and believe it will not hurt us. All who have tried this method find very quickly the uselessness of it. We find that law exists everywhere; that we can never find health by violating it but only by living in harmony with it.

This is the wilderness we find ourselves in pretty quick after we flee from the flesh-pots of Egypt and have come alive up out of the Red Sea of fear of death. We seem to be in a desert place, and natural foods and pure water are not very inviting; we do a good deal of grumbling; some of us sneak back "and the last state of that man is worse than the first, for he who knows and doeth not hath the greater sin." You will notice in every instance that those who forsake the unwholesome life and then go back to it indulge themselves more than previously; it's the result of the moral degradation of their action.

But others keep on, with Moses—the law—for their leader and Aaron—their intelligence—for interpreter; there are many waverings and rebellions, however, when the old habits rise up and refuse to down, and at last they make such a cloud that we cannot see the law, and we use our intellect to lie to ourselves and we get into a deal of trouble and hinder our progress and swamp our minds in false views, and we have to struggle on until we have got rid of the old conditions, old habits, etc., and at last really reach the land of promise, the state where we can live on wholesome foods and enjoy it, and we enter with

—love—for our leader instead of
r we forget the law when we have
l to love.

the fact is that we are not content
in the old way and we are dis-
by the difficulties of the new. We
at age in the old way means dis-
ailing of the faculties and shriv-
of the body. The old way also
in the majority of cases disease
emature death, but yet we are loth
nge into the labyrinth of methods
ories and adulterations and trace
read of gold that will lead us to
sired haven.

simplest way out of our dilemma
ve found is to follow as close to
as possible and steer clear of the
ul foods and drinks as fast as we
tivate a taste for the natural. One
dily learn to prefer the toothsome

brown entire wheat bread, and that with
sun-cooked fruits and nuts and such veg-
etables as can be eaten without cooking,
seasoned with lemon and olive oil, sup-
plies all the needful material for the
work of body-building, and is also most
delightful to sight, smell and taste. If
you have to learn to like any of these
things practise eating them gradually,
for to receive any nourishment from food
there must be assimilation, and there
cannot be assimilation without hunger
and relish. Nut butter, and "Meltose"
mixed with oil are substitutes for or-
dinary butter. Honey is an ideal sweet
if you can get it pure. Water, and wa-
ter with fruit juices are the natural
drinks, hot or cold. Next to these, olive
oil, meltose and water, or oil, water and
a little lemon juice. Beyond this all is
experiment.

HOW MAN SHOULD BE FED.

BY EUGENE CHRISTIAN.

may be divided into two general
, viz., plant and animal, and in-
as all animal life must be sup-
or drawn entirely from that of
it is obvious therefore that vegeta-
as the first form of life that ap-
on this planet, and that the myriad
of animal life have been shaped
urgely, if not wholly, by the char-
of food upon which it first sub-

class of anthropoidal life to which
longs is about three million years
d first appeared in the tropics, or
warmer belts of the earth's sur-
Simultaneously with his appear-

ance was that of foods, upon which he
subsisted, which were leaves, buds, or
plants. From this crude diet there next
appeared fruits, and as he evolved a lit-
tle higher, nuts were added by Nature
to his bill-of-fare.

Everything in the earlier history of
man points to the fact that his greatest
physical development was achieved dur-
ing the period of time that he confined
himself to the simple diet of nuts, fruits,
and plants. The greatest departure that
he made from this bill-of-fare was
caused by his environment, or more cor-
rectly speaking, his ever-changing geo-
graphical position. So long as he could

live in the tropics from the provident hand of Nature, it was unnecessary to use or exercise the brain on the food question, but when he emigrated beyond his primitive domain, the question of foods often involved the question of life and death. This is the first mental milestone of any importance in man's long and devious journey from the gibbering anthropoid to the Haeckel or the Huxley. While it is certain that the food question was the torch that lighted the fires of the primitive brain—how man as a whole has been affected by the change is a matter of much speculation.

The magnificent progress that he has made from an intellectual standpoint, would indicate that he had been fairly well fed, but when we measure him physically by all other forms of animal life on the globe, we must either acknowledge that something is wrong, or that he is not governed by the same code of Natural Laws that govern all other living things, for instance, all other forms of life will live under reasonably normal conditions from eight to ten times its period of maturity. Man matures at twenty-four, therefore ought to live about two hundred years, but he doesn't; in all civilized countries he dies at an average age of forty, reckoning from his fifth year. When we reckon from his birth, his period of longevity is lowered to but little more than a third of a century. He lives but about one-sixth of Nature's allotted time. The Natural inquiry is, what is the trouble? What has civilization done for him? It has cut off his tail. It has changed his two front paws into hands. It has stood him upright. It has shown him the wilderness of worlds above him. It has endowed him with a host of desires, the

satisfying of which he calls civilization. It has given him a brain, to which there seems to be no limitation, except in one direction, viz., he cannot, or has not made any progress toward living out his allotted term of years. It would seem therefore, that civilization had done but little for him after all.

He has purchased his present possessions at a tremendous cost. There may be a number of reasons why he has paid so dearly for them, but one of the most important is the articles upon which he has fed, and upon which he has depended for making all his physical repairs.

A perfectly nourished body should be a perfect automatic machine, it should call for water, food and exercise in the exact proportions it needs, and these demands should change with age and conditions.

A perfectly fed body will demand a certain amount of motion (exercise), therefore, all systems of stock exercises, or working the body against its demands are wrong.

If the combined genius of all these teachers would employ itself for a few years in ascertaining what the human body is composed of, and what particular foods would best supply its needs, and how to combine these foods so they would delegate to the body all the elements of nourishment, in the right proportions, there would very soon be a science of feeding which would solve the question of physical culture.

A man filled with life and vitality such as it is possible to gain from a perfectly-balanced diet, would be compelled to take a certain amount of exercise, he would take one kind at one age, and an entirely different kind at another age.

The question arises logically, what

a system of feeding will bring
1 results?

all the scientists and professors
now engaged in diming dia-
d polishing pebbles in the great
and universities of this country,
heir attention to the science of
the highest forms of men and
it would graft on to the tree
ledge a physical revolution.

uman body is composed of
fferent chemical elements, all of
quire to be fed separately or as
individually.

erson enjoys the best health, the
mentality and powers of percep-
other words, that person has
is mental, physical and emo-
ganism nearer up to their high-
ity, who can select and feed
h articles as will supply all the
elements of the body in near-
ight proportions. In order to
hree things are absolutely neces-
st, the selection of food articles;
he governing of quantity; third
important, the making of har-
combinations at each meal.

emical changes are influenced

very largely by degrees of temperature.
All power and physical forces are
mere expression of difference in degrees
of temperature. It is the supreme law
that dominates the entire universe;
therefore, when the chemical elements of
food, upon which we must depend, to
feed similar chemical elements in the
body, are changed by high degrees of
heat, the premises from which we must
calculate in combining our foods have
been wholly destroyed.

The element of certainty is the basis
of every science. Without it we guess,
grope and blunder.

The science of building man to his
highest estate,—of lifting his mental,
normal and emotional faculties to a more
elevated altitude—is worth the concen-
trated thought of the civilized world.

The science of feeding, upon which
this mainly depends, becomes possible
only when food is taken unchanged, as
Nature produced it; when its chemical
properties are changed by heat, cold, age,
decomposition or in any other way, the
element of certainty is gone, and the
knowledge or science of feeding becomes
an IMPOSSIBILITY.

DISTRICT NURSE—HER WORK AND HOW SHE DOES IT.

BY WILLIAM S. BIRGE, M.D.

half a century ago, or to be
ct, in the year 1859, a wealthy
gentleman having his attention
the privation and suffering that
mong the sick poor in the city
pool, sent a woman to work
em, in their own homes.

At the expiration of the first year, he
was so pleased with the results accom-
plished that he determined to continue
the work, and sent out four women in-
stead of one. The third year he doubled
that number making eight women in the
field. The fourth year he divided the

city into eighteen districts, and assigned a nurse to each. This seems to have been the origin of what is now known as "District Nursing," and which includes to-day many different methods of administering to, and bringing to the very poor the nursing, skill and educative possibilities of the hospital trained graduates. It is a work that in its philanthropic spirit and Christian character, appeals to all, and now almost every city of any size has its force of trained nurses, some scattered, others as well organized as any hospital corps, but all doing district nursing, in the crowded quarters of the poor, or in the outlying separated homes of great cities.

The special conditions and needs of the particular neighborhood in which the nurse is at work makes more or less variation in the minute details of the work. Probably no two are identical, particularly is this so in our large, cosmopolitan cities, where many of the foreign colonies, as in New York or Chicago, are as large as a fair-sized city would be in their own country. The contact with so many different nationalities of necessity makes the nurse's work different from what it would be were their labors confined wholly to the native-born American. The District Nurse, as a general thing, gives the day to her various charges, dividing the time according to the number and needs of her patients, not living in the house with any of them, as does the private nurse, but going from one to another.

In this way she so regulates her work that the patients most ill, or least cared for by relatives or friends can claim the greater part of her time and skill. Although a nurse in every sense of the word, her work is not confined to that

line of service, strictly speaking, comprises everything that may be for the comfort and well-being of the patient and the family. Thus it is the district nurse in conscientiously performing the duties of her profession becomes a true missionary to the people.

She must be alert and deft in her work: quick to detect, and ready to act. She may be remote from a doctor, and the patient's life may depend upon her ability to cope with emergencies and avert the consequences of ignorant mistakes. She may have to stop a hemorrhage or instruct some member of the family how to care for the trachea after an operation in diphtheria or membranous croup. She may have to give a lesson in cooking, and teach the mother how to prepare suitable food for the invalid. She must understand human nature and be tactful enough to come through the barriers of ignorance and superstition without giving offence. She must realize herself, and make it clear that cleanliness is next to godliness. She must have a sufficient amount of determination and force to see that the hygienic laws are properly enforced. She must do her very best, and find that the best a nurse can do is not sufficient, and that the patient requires hospital treatment. In this case she may have difficulty in overcoming the aversion to a hospital, but she must by persuasion and moral influence lead him to accept that alone can save him. Many times when what is really a hospital case will be cared for in the poor home, that removal of the patient, a mother perhaps, may not be up to the family. In such a case the nurse will have her hands more than full, and will feel an additional care and responsibility; the most intelligent member

or a trusted friend must be engaged in service, and placed in charge of the case, until the nurse makes her next visit.

In all cities having a district-nurse system there is what is called a "loan closet." Without this closet no district nurse can work successfully. In it are an innumerable list of articles, such as thermometers; blankets, bed-pans, nightgowns, sheets, etc., in a word, all such things and appliances as might add to the comfort of patients whose resources are so limited to procure them. These things may be given outright, but are usually loaned. A record of the loan is kept in the closet and cancelled when the articles are returned. From the first-aid and medicine chest the nurse fills her bag with whatever is needed, and often when she finds it necessary to add to these things beef extract, eggs, jellies and other delicacies that the family may be too poor to furnish.

In cities well supplied with dispensaries the nurse often works only with the visiting physician of her district. Beginning her rounds in the early morning she will meet him at noonday, and report on the cases visited that morning. He will give her the previous afternoon's orders, receive from her the orders and instructions for them, or in new cases he wishes her to visit, furnish her bag with needed supplies, recommence her rounds, generally beginning up about six o'clock, although, sometimes, feeling the responsibility of a particular case she will continue her rounds far into the night.

Requests for nurse's visits come from various churches, dispensaries, doctors, hospitals, charitable societies, and largely from the people of the tenements. In the latter case it is

often her duty to direct the patient to the physician, hospital or dispensary as may best seem suited to the individual case. Her duty being to give the best service possible, and she is often in this way the connecting link between the two.

Starting in the early morning the nurse will make her first visit to the patient, whom in her judgment, is the most seriously ill. If it is a case of fever she will take the temperature, give a sponge bath, make the bed, prepare the food, and at the same time instruct some one of the family in everything she does, and impress upon them what must be done, and what avoided. Before leaving she will write out the time and amount of medicine to be given, until her return later on that, or on the following day.

Perhaps the next case may be a child with pneumonia—she takes the temperature, respiration and pulse, gives a bath, makes a pneumonia jacket out of cotton-batting, tempts the little one to drink the milk she has probably refused from others. Thus she goes from one patient to another until her day's work is completed. From the darkest basements to the top floor of the tallest tenements her work leads her, touching in friendliness and sympathy the poor, the unfortunate, and sometimes the sinning, the victims of unjust social conditions.

Just so much as the nurse can bring into the lives of the submerged class a touch of her knowledge, refinement and social tact, just so much can she hope to influence. Her privileges do not end with the leg bandaged or the work done; she has a close view of conditions, perhaps causes, and even though she may not be able to cure or even mitigate these, she can bring the report to the student

of sociology as well as to her dispensary physician, and thus again be the link between the classes.

In making a choice of a school for training in this especial field of work, those connected with the large hospitals of the great cities are preferable. Every physician will desire the best material obtainable for his particular work, but experienced educators, both here and abroad, concur in the opinion that while careful training will fit almost any nurse for "private duty," and while under almost military supervision, the ward work can hardly go wrong, the district

nurse must have special qualifications, as I have referred to. Florence Nightingale, through her broad experience in the nurse's field, was as well qualified to give an opinion as any person living, said, in speaking of the district nurse, and her work: "She must be more accomplished and responsible than a nurse in any hospital."

The district nurse, unless she is working with, and for the parish of a church, should be absolutely unsectarian. Her Gospel should be: *Order, Health, Cleanliness, Friendliness* and Love for all.

"Doctors play a prominent part in French duels, and there are several leaders of the profession who take a serious scientific interest in that generally harmless form of exercise. A consultation is said to have been held not long ago in Paris, in which MM. Pozzi, Quénu, and Doyen discussed how duels could be fought under antiseptic precautions. The outcome of the deliberations of these luminaries of science was the formulation of a complete code of dueling hygiene which may be useful to future Sir Lucius O'Triggers. It is solemnly recommended that every man who has an affair of honor on hand should take a purge over night and disinfect his intestinal tract after the method of Professor

Bouchard. He must go to the ground fasting, and there his whole body must be thoroughly rubbed down and soaped, then cleared of fatty matters with alcohol, and finally ascepticized with sublimate. He must next don a suit of clothes just taken from a disinfecting oven, and he is then ready to face, with the traditional courage of his race, the chance of a prick or a scratch from his adversary's sword. The hygiene of the duel may be summed up in the famous formula of Molière's candidate, *Purgare, ensuite seigner* ["purge; then bleed"], with the trifling difference that the duelist purges himself and tries to bleed his opponent."—*Literary Digest*.

A German expert on gymnastics announces that one need not go to a well-known equipped gymnasium in search of a course of health-giving exercises. Deep yawning practised as a regular exercise is the cheapest and surest road to perfect health. We are still familiar with the theory that systematic deep breath-

ing is an excellent thing for the lungs, and it is on similar grounds that yawning is recommended. The expansion of the breast bones and the stretching of the arms which accompany a wholehearted yawn, together with the filling of the lungs, form a splendid daily exercise.



CONDUCTED BY PROF. ANTHONY BARKER.

WRESTLING.

No. 2.

The illustrations were specially posed by Prof. A. Barker and Al. Treloar, "The Perfect Man.")

In the preceding article on Graeco-wrestling, we studied one method in detail from the moment a first face your opponent. The variation of the tactics of wrestling divides itself into two parts; "standing up holds" and ground work. "Standing up" holds, as the name implies, are used for taking your antagonist by the feet and placing him at a disadvantage. The ground work includes various ways of turning him over so that his two shoulders to the mat. The great value of wrestling to the student of this magazine, will not be so much in increased skill in attack and defence, as in the adaptation of the art as a means of exercise. Before passing on to a consideration of ground work, it is well to study the possibilities of "standing up" holds as a means of exercise, suitably alike to the slender beginner and the powerful athletes.

In wrestling for exercise, start as described in the preceding article. Keep locked, or as the wrestlers say, "locked" with each other. Then, with-

out trying to throw each other, keep squeezing, pulling, pushing, advancing, retreating, changing hold and exerting strength. Let the mechanical object of your work be to get behind your man or to force him down by main strength. Re-



PHOTO. I.



PHOTO. II.

member to keep closely locked. If you break your holds and come apart, immediately get hold of each other as in the first photo in the preceding article. Beginners, especially those who have done some boxing, are very likely to stand off and avoid clinching. But wrestling is clinching, and when engaging in it purely for exercise as described above, keep close hold of each other all the time. A few minutes of this sort of work, pulling and wringing about, without trying to throw each other, is the finest kind of beginning. It exercises all parts of the body, strengthening the heart and lungs, and toughening the skin.

Taking up the plan of campaign from the position shown in the third photo of the preceding article, in which you have gained the advantage of bringing your opponent to the mat with yourself on top, obviously, your next task is to turn him over on his back. Strangely

enough, it is easier to turn a man over endwise than sidewise. One of the most effective holds for this purpose is called the half-Nelson and body heave. Being on your opponent's left side as in photo 3, preceding article, take a half-Nelson with your left hand, and with the other heave him over, as in Photo 1.

As he goes over, if he is a wrestler of experience, he will try to keep his shoulders from touching the mat by forming a bridge on his head and heels as in Photo 2. This bridging is often an effective defense, for if he can slip one of his arms free, he will flip over inside your grasp and come on his belly. You would then have to begin all over again.

After both men have gotten up a perspiration, it is about as difficult to hold a clever wrestler and force his shoulders to the mat as to hold a freshly caught eel. You will observe, however, that in the progress of the hold from Photo 1



PHOTO. III.



PHOTO. IV.



PHOTO. V.

to Photo 2, you have been able to bring your hands together back of your antagonist's neck, and clasp them. Now if you hold him very tightly and put your weight on him, you will see that he cannot twist in either direction as his arms are blocked by yours. It will then be only a question of time till his strength must fail and his shoulders touch the mat.

Your antagonist's only hope in this emergency is to try to slip one of his arms between his own body and yours, and thus get free to turn, as in Photo 3. If he is successful in slipping his arm through he will turn to position shown in Photo 4. You must then begin all over again. To raise your man to his knees again so as to get a better hold on him, press your arm against his throat and lift his head sharply back as in Pho-

to 5. He will then be glad to come up on his hands and knees.

If you try the half-Nelson and body heave again, your opponent will probably be prepared and will suddenly turn his back to you and sit up, as in Photo 6. From this position it will be very difficult to do more than bring him back to his original position.

Ground wrestling has been attacked by many who believe that it lacks dignity and is not truly representative of the ancient and classic art of wrestling.

It is, however, splendid exercise and is safer than the "standing up" holds, there is no heaving high in the air and a drop from this height to the mat. For beginners and young boys, ground wrestling should be practised for some time before the "standing up" positions are attempted, for the sake of safety.



PHOTO. VI.

A writer in the *Factory Times* says: "Happy is the man who enjoys himself. Saving physical pain and mortal illness few evils can touch him. He may lose friends and make enemies; all the powers of the world may seem to have combined against him; he may work hard and fare worse; poverty may sit at his table and share his bed; but he is not to be greatly pitied. His good things are within. He enjoys himself. He has found the secret that the rest of the men are all, more or less consciously, looking for—how to be happy though miserable. It seems an easy method; nothing could be less complicated; simply to enjoy one's own mind. The thing is to do it. Whether anyone ever really

accomplished the miracle for more than brief intervals at once a sceptic may doubt; but some have in intervals thought they accomplished it; and in questions of this intimately personal nature the difference between faith and fact is small and unimportant. It is of the essence of belief not to be disturbed overmuch by theoretical objections. If I am happy, what is it to me that my busybody of a neighbor across the way has settled it with himself that I am not happy, and in the nature of the case cannot be? Let my meddlesome neighbor mind his own affairs. The pudding is mine, not his; and, with or without his leave, the proof of the pudding is in the eating."

A Mexican professor of physics proposes to foretell earthquakes by connecting telephones to the pipes of deep artesian wells and to metal plates sunk

in deep mountain crevices. Any unusual noise in the bowels of the earth would be audible in the telephone, and would indicate trouble.



CONDUCTED BY HARRIET HEMIUP VAN CLEVE

JULY.

"All green and fair the Summer lies,
Just budded from the bud of spring,
With tender blue of wistful skies,
And winds which softly sing."

"Very hot and still the air was.
Very motionless the gliding river,
Motionless the sleeping shadows."
—Longfellow.

Senator Beveridge has written one of the most helpful and best articles which we have read in a long time on "The Young Man and the New Home." Space forbids me giving only a few of the valuable thoughts it contains. He believes all men should marry and found a home. He calls it the natural life, and says that the enormous majority of men who, by their services, have uplifted or enriched humanity, have been men who led a natural home life, who founded a pure, normal, sweet and beautiful home. The making of a home is the beginning of human usefulness. So he says: "If your arm is not strong enough to protect a wife, and your shoulders are not broad enough to carry aloft your children in a sort of grand gladness, you are really not worth while. For it will take a man with veins and arteries swollen with masculine blood pumped by a great big

strong heart, working as easily and joyfully as a Corliss engine; with shine of steel wire, and step as light as a tiger's and masterful as an old-time warrior's, with brain so fertile and vision so clear that fears not the future and knows that love will sweeten and bless his life.

Within these new homes which young Americans are to build, the altar must be raised again on which the sacred fire of American ideals must be kept burning, just as it was kept burning in the old homes which these young Americans have left.

"Live within your means." This Senator Beveridge says is one of the best rules that can be followed in any home. On the other hand, do not, he says, "Begin life as a miser." "Do not economize on your wife and your home," advised an old Methodist preacher, and he was right. Work a little harder and rent a piano, buy a good picture or etching, a fine print is infinitely better than a poor painting. Live in your home. Do not merely eat and sleep there. It is not a boarding house, remember that. Books are there, music and human love and sympathy, and a marvelous care for you are found there, under the influence of which alone the soul of a young man grows into real grandeur, power and beauty.

sure that you let each day have its joy. 'I would not care to live,' said the ablest and most brilliant member of the American Catholic priesthood, 'I would not care to live,' said he, 'if I did not have my play hour every day of music and flowers and pleasant conversation. They are God's gifts and my duty. Every person who has a home makes a crime if he does not each day pour some hour of joy into his house-

hold into the habit of happiness. It is really amazing how you can turn a little incident into a sunbeam. One of the most worth-while families I know make a joke at the table. It is as good education to take a meal with them. It is into the habit of being happy, I think. You can do it. Practice saying to yourself when you waken in the morning, 'Everything is all right.' And then saying it. You will be surprised how early 'All right' the mere saying at the beginning of the day will make everything. This is true of the city as well as of the home. Though the home is more important in the home than it is in the world of men. This is the home is for, to exercise and multiply the beauties of character and conversation. The home should be more and more the dwelling-place of beauty and the source of real happiness. To the American gentleman is given the American woman's conception of all womanhood as the finest and most chivalrous in the world. He will cherish, there, in a way which none but the American gentleman quite understands, his wife. He will be gentle, brave and kind, wise and winning that admiration which is the pride of the wife to yield to him. He will finally receiving that care which

only her hands can give, and a lifelong joy, which, increasing with the years, is fullest and most perfect when both heads are white, and when the steps no longer wander from the threshold of that home which was built when you were young, and which is now the 'old home' to your children, who, beneath its roof, rise up and call you blessed."

USEFUL HINTS.

A hot sand-bag is an inexpensive and more durable substitute for the hot-water bag. This may be had by making a bag with a draw-string out of flannel or any other material that may suggest itself, and then filling it when needed with hot sand, which has been heated. Besides being economical, for a household could have a dozen of these at little cost, they have a "cushiony" feeling that the hot-water bag lacks. It might be added it holds the heat longer than the hot-water bag. It is a good time to lay in a supply of sand when at the seashore.

Alcohol, diluted with water, is generally an effective renovator of silk.

Kerosene will not only remove the dirt that collects in a sort of rim around the sides of a porcelain bath-tub, but it will take off the white blotches that form on zinc-lined bath-tubs. Apply with a cloth saturated in the fluid and then wrung out. After which rub with hot water.

Lumps of gum camphor set in cupboards that are infested with mice will soon drive away these little pests.

In case of a severe cut, try the immediate use of finely powdered rice or flour to the wound. This has proved success-

ful in almost always stopping the flow of blood.

When the stove needs to be polished, add a teaspoonful of molasses to the stove blacking. The blacking will last twice as long, besides doing away with the disagreeable dust when the stove is polished.

If the water is blued when cleaning windows, it is said that they will retain their brilliancy longer and polish much quicker.

Wall papers that have become bruised or have been slightly torn and which cannot be matched, can be touched up with water-color paints so that at a very little distance no damage is perceptible. The paints from a child's box will be good enough. Mix the colors to get the right shades and then touch in the broken pattern.

Feather pillows need washing at least once a year if used constantly, for they accumulate dust and dirt. Choose a bright sunny day for the work and a gentle breeze helps them to dry quickly. Fill a large tub half full of water that is almost boiling hot, and dissolve enough gold dust washing powder in it to make good suds. Put one or two pillows in at a time, according to the size, and move them about, pushing them up and down and rubbing them between the hands until they are clean. If one water is not enough, use two. Rinse in clear water. Wring as dry as possible and hang them on the line to dry. Shake them occasionally to keep the feathers from sticking together, and they will be as light and soft as new pillows. Too much care cannot be given to the bedding in daily use.

It isn't the thing you do, dear,
It's the thing you leave undone,
Which gives you a bit of a heart-ache
At the setting of the sun.
The tender word forgotten,
The letter you did not write,
The flower you might have sent, dear,
Are your haunting ghosts to-night.
—*Margaret Sangster.*

RECIPES.

To feed were best at home;
From thence, the sauce to meat is ceremony,
Meeting were base without it.
—*Shakespeare.*

Sandwiches are usually the chief reliance for cold lunches, and are always acceptable if well made and attractively served. When they are to be kept some time, they should be wrapped in oiled or paraffin paper, for this will keep them perfectly fresh. Sandwiches may be made of white, Graham or brown bread, or of fresh rolls, and may be filled with any kind of meat, with fish, with salads, with eggs, with jam, with cheese, or with chopped nuts.

Bread for sandwiches should be of a fine grain and a day old. The crust should be taken off, and the loaf trimmed to good shape before the slices are cut. Poultry, game, ham, beef and tongue can be mixed with French or Mayonnaise dressing, a little chopped pickle or olives may be added.

Cut hard boiled eggs into slices; sprinkle with salt and pepper plentifully and spread the butter, mixed with chopped Parsley. Lay the sliced eggs between crisp lettuce leaves and spread the bread with butter, then with *Mayonnaise*.

crisp lettuce leaf sprinkled with
 een buttered thin slices of bread,
 d the bread with Mayonnaise,
 h lettuce or with water-cress.
 icken and celery together fine;
 ith French or with Mayonnaise

lobster meat, mix it with any
 ; cut lettuce into ribbons; cover
 d with lettuce; then a layer of
 then with lettuce again.
 hopped olives with Mayonnaise;
 ith afternoon tea. This is very
 . The bread for sandwiches may
 a many different ways, as orna-
 s desired.

ORANGE ICE.

quart of water and two and one-
 ofuls of sugar for ten minutes;
 id add the juice of six oranges
 lemon. When cold, freeze.

LEMON ICE.

o the amount of sugar and water
 ove the juice of four lemons and
 ge.

STRAWBERRY ICE.

quart of syrup as given above,
 upful and a half of strawberry-
 Ices may be made of any fruit
 the same proportions.

SUMMER BERRY CAKE.

thirds cup of sugar, one table-
 l of butter, two eggs, one pint of
 ie and a half teaspoonful of bak-
 vder, a pinch of salt, one small
 blueberries, sweet milk to make
 as cake.

CONCERNING WOMEN.

In Valparaiso all conductors on trol-
 ley cars are women.

The oldest love letter in the world is
 in the British Museum. It is a proposal
 of marriage for the hand of an Egyptian
 princess, and it was made 3,500 years
 ago. It is in the form of a brick.

Mrs. Elizabeth Riis, wife of the well-
 known author, died at their home in Rich-
 mond Hill, Long Island. Mrs. Riis pos-
 sessed much literary ability, but collabo-
 rated with her husband on only one occa-
 sion, writing a chapter largely autobi-
 ographical in that charming book, "The
 Making of an American." To those who
 read that chapter comes the memory of
 one of the sweetest love stories which we
 have ever read, their own story of their
 daily life told in a delightful manner by
 this gifted woman. In the last chapter of
 this same book Mr. Riis wrote:

"I dreamed a beautiful dream in my
 youth and I awoke and found it true. My
 silver bride they called her just now.
 The frost is on my head indeed; her win-
 ter has not touched with its soften
 breath; her footfall is the lightest, her
 laugh the merriest in all the house. The
 boys are all in love with their mother.
 The girls tyrannize and worship her alto-
 gether. The cadet corps elects her an
 honorary member, for no stouter cham-
 pion of the flag is in the land. Sometimes
 when she sings with the children I sit and
 listen and with her voice there comes to
 me as an echo of the long past the words
 in her letter, that first blessed letter in
 which she wrote down the text of all
 my after-life: 'We will strive together
 for all that is noble and good.' She
 saw her duty as a true American, and,
 ay! she has kept her pledge."

MEANS OF PROLONGING LIFE.

BY C. GILBERT PERCIVAL, M.D.

Although the average physician of the hygienic school of to-day has no elixir of life to offer, or, in fact, nothing new to say on the methods of prolonging life, yet he can formulate concisely the rules of personal hygiene which centuries have shown to make a hardier and sturdier manhood.

The cases of over a half a thousand examples of very long-lived persons, after having been carefully analyzed by the writer in the New England States, I have come to the conclusion that the majority of them were temperate, lived much in the open air, ate but little of meat, were employed in an active life (many, in fact, a life of hard toil and privations), and all were, for the most part, of joyful dispositions.

Of course it is understood from the start, that all had a good heart, and good blood vessels, and that the fact that they came from ancestors of stout hearts and body and a long-lived stock, greatly assisted their case. It is a fact that the chances of person descended from long-lived stock is figured as having a much better chance of long life than those descended from an ordinary family.

Yet longevity is not necessarily transmitted from father to son. Among the means for procuring long life, may be mentioned exercise; and of all the exercises, walking is the most natural form to be indulged in from one-half to two hours a day, in all kinds of weather,—“never a whole day at home,” as Moltke put it. Respiratory exercises cannot be improved on for improving the heart's

nutrition. For those of gouty diathesis the tension exercises are very beneficial.

The body is not a machine made of inert substances, but of living organs and tissues capable of repairing themselves, and hence not suffering from work, so that Martin Luther's motto, “If I rest, I rust,” is perfectly true. Long life is therefore prolonged by regular exercise with a holiday at the week's end in the open air, where the vigorous exercise of some pleasant and amusing sport for some four to six hours may be spent. Still more beneficial is the plan of taking the yearly vacation of from two to four weeks in a walking trip in mountainous districts with three to six and sometimes eight hours' active walking or climbing on most every day of the trip, provided, of course, that the organs of the body are free from disease, and that they gradually be accustomed to the increased work.

Attention to the digestive system and food is almost as necessary for the promotion of longevity as that of circulatory and respiratory systems. Great moderation in the amount of food, and especially of the most nourishing articles (flesh food and pulses) ought to be practiced by everybody, particularly by those of advanced age, and is a great aid to longevity. Sir William Temple, a great authority, says, “Essentials among primitive people are great temperance, open air, easy labor, little care, simplicity of diet, rather fruits and plants than flesh.”

In advanced age the amount of food

be very limited, gradually less in quantity and lowered in quality. In all cases increase of weight after birth is not good.

Alcohol is not needed. There is a popular but fallacious idea that it is most useful to old people, that, in fact, "wine is the milk of the aged." Persons with large amounts of albumen in the urine, afflicted with signs of arterio-sclerosis, benefit with great restriction in alcohol and thereby prolong their lives considerably. The average duration of life is greatest among total abstainers. Tea, while not at all injurious to the majority, may, in some cases, produce disturbance, and is, perhaps, always an inhibitor of salivary digestion.

Physically important with the organs of nutrition and digestion is the nervous system. The brain often decays from disuse or from lack of physical exercise or mental stimulation.

To prevent this, lies the use of recreation, by a sport or a pastime, which is necessary if it takes one into the open air. Every man should cultivate a hobby which will keep him still in middle life. Many old people derive great benefit from chess, cards or other intellectual games. Then, too, it is necessary the merry heart. This should be cultivated. In order to promote

cheerfulness and avoid mental depression, it is of great importance to educate the sense of duty, restrain the passions and cultivate the will.

While each individual differs greatly in the amount of sleep required, the habit of sleeping too little is less frequent than that of sleeping too much, and nothing is so pernicious than an excess of sleep. The daily bath is absolutely essential to the health of the skin, especially in old people, the mode of it, of course, being left to individual taste, so long as it is daily indulged in and that the rubbing gives the skin a gymnastic exercise.

Travelling cannot be spoken of too highly, and is a great promoter of longevity, as it increases the mental activity, and for those who find certain seasons of the year too rigorous, a temporary change of residence to a milder climate may do untold good.

These are the simple rules for prolonging life which are as old as the hills and which never will change in spite of science and her vast researches.

Longevity means hygiene, temperance, cheerfulness, labor and virtue. These things are nothing new and are continually found in the Scriptures.

INFANT MORTALITY.

BY G. H. CORSAN.

Why should a child die? God has said it should, for infancy is the beginning and not the end of life. What sadder than to see a young couple go to a funeral with their first-born? The couple were young and did not

know it all, then who instructed them so badly that success did not crown their first effort? Tell me who is it who discovered how to make this and that preparation for toothless infants? Well can I remember how a doctor advised a

young healthy married woman to feed her infant barley water in addition to the breast, and baby died—yes, died of constipation, which brought about spinal-meningitis.

Several years ago a mother of six healthy children gave birth to a very healthy boy, in fact, the healthiest of the lot, according to all appearances. Shortly after the child was born a half-drunken woman came in to see it, and finding the room cold, she thought that a drop of brandy would keep it warm. The result was that the inner coating of the child's stomach was burned away and the poor little fellow could not take his mother's milk. The history of this child for one year was most remarkable. Every kind of infant food was given a fair trial and failed. The list consisted of white of egg with cow's milk; cow's milk; one cow's milk; special Jersey cow's milk; white and yolk of egg; modified milk; goat's milk; barley water; rice water, sweetened; many highly-recommended infant foods; but they all failed and a year after the child's birth, he looked like a little weasened up old man and did not weigh as much as at birth. I never saw such a case of infantile dyspepsia in my life. Everything they tried gave him the most excruciating pain and the neighbors all told the mother that it was a sin to keep the child alive, but the mother's love would not give up and when I heard of the case and that they would do whatever I would suggest I felt myself challenged. Here was a case for me that almost flattered me, for I always was filled with conceit and considered that by giving my mind to the care of a sufferer from disease, I could show him the way to recovery.

Day and night I concentrated my

thoughts on that case. What ~~more~~ could I do? The child had the ~~very~~ best of nursing, but was slowly ~~dying~~ for want of nutrition. All the ~~above~~ mentioned foods failed to take the ~~place~~ of mother's milk, and it even was ~~not~~ of any value to a stomach injured ~~as~~ that child's was. I never was so puzzled in my life. The child was born on the first of November, 1900, and I was wandering about the streets of Toronto in November, 1901—seeing no one and recognizing none of my acquaintances, for my thoughts were on this subject ~~and~~ my eyes were blind. Thus I stood ~~for~~ some time looking in the window of a fruit store, when suddenly I realized that in front of me was a box of ~~the~~ new season's dates just arrived ~~and~~ looking so glossy and fresh that I commenced to think of them. Surely, God, has never made any better food for ~~man~~ than dates—so perfect and for man only. An inspiration, I bought some and took them to the mother. Taking the stone out we wrapped it in a linen cloth in the form of a sugar tit and after the mother moistened it and bit it she endeavored to place it in the child's mouth, but it was four times too large and we had to make it one-quarter of a date! This we placed in his tiny mouth and in the course of an hour, all the soluble substance was sucked out, then the child was given a drink of water and another quarter of a date placed in the cloth and tied up and given to the child. Well, this method succeeded so well, that after two months of dates and water the child could take a whole date at a time. Then we gave him in addition grape juice, orange juice and other fruit juices.

Well, that is over three years and ~~a~~ half ago and the child is now over four

half years old, and if you, my were to see that child to-day, you say that I was a regular John for lying. He is as rosy as the d rose and full of life—mentally, ully and vocally. losing, might I say that I have thousands of children needlessly

killed by being fed to death. That miserable habit of feeding toothless infants biscuits and milk is like murder. To the toothless infant fruits are light and easy to digest, while all grain matter has a tendency to cause dyspepsia and constipation.

THE U. S. VOLUNTEER LIFE-SAVING CORPS.

INSTRUCTIONS FOR LIFE-SAVING FROM DROWNING.

EDITOR:—There are so many lives lost every year by drowning in the United States that might be saved by a knowledge of how to act in case of emergency, that we are constrained to request you to publish our bulletin of advice to all persons who may be attracted to disport themselves upon the waters the coming summer in any way.

A large proportion of the lives lost every year are of children who have never been given any conception of the dangers on the waters, either in bathing or boating. We have been long and earnestly urging upon parents and teachers the duty and necessity of instruction in this direction, and of teaching the young how to swim and how to behave when boating.

As a result many lives have been saved every year by children. Let us kindly suggest upon your readers these rules: First—Do not go out in any pleasure boat of small or large dimensions without being assured that *there are life-saving blankets or cushions aboard sufficient to keep all on board in case of an upset or storm, or festooned with life-saving*

all properly and satisfactorily *seated before you leave the shore*—particularly so when with girls on board. Let no one attempt to exchange seats in mid-stream, or to put a foot on the edge or gunwale of the boat to change seats, or to rock the boat for fun. This, by rollicking young people, has upturned many a boat and lost very many lives every year. Where the waters become rough from a sudden squall or passing steamers *never rise in the boat*, but settle down as close to the bottom as possible, and keep cool until the rocking danger is past. If overturned, a woman's skirts, if held out by her extended arms, while she uses her feet as if climbing stairs, will often hold her up while a boat may pull out from the shore and save her. A non-swimmer, by drawing his arms up to his sides and pushing down with widely extended hands, while stair-climbing, or treading water with his feet, may hold himself up several minutes, often when a single minute means his life, or throwing out the arms, dog fashion, forward overhand and pulling in, as if reaching for something—that may bring him help, may at least keep him afloat till help comes.

Third—In rescuing drowning persons, seize them by the hair or the collar,

back of the neck; do not let them throw their arms around your neck or arms. If unmanageable, do not strike them but let them drop under a moment until quiet, then tow them into the shore. If unconscious, do not wait a moment for a Doctor or an Ambulance, but begin at once; first, get the tongue out and hold it by a handkerchief or towel to let the water out; get a buoy, box or barrel under the stomach, or hold them over your knee, head down, and jolt the water out, then turn them over side to side four or five times, then on the back, and with a pump movement keep their arms agoing from pit of stomach overhead to a straight out and back fourteen or sixteen times a minute, until signs of returning life are shown. A bellows movement pressure on the stomach at the same time is a great aid if you have help. Of course, you will at first loosen collar and all binding clothing. Let some one at once remove shoes and stockings, and at the same time rub the lower limbs with an upward movement from foot to knee, occasionally slapping the soles of the feet with the open hand. Working along these lines our Volunteer Life-Savers have been successful after two hours of incessant manipulation, but are generally successful inside of thirty minutes. Spirits of ammonia to the nostrils, or a feather tickling in the throat, often helps to quicken, but we rarely need anything more than the above mechanical means. Use no spirits internally until after breathing and circulation are restored, then a moderate use of stimulants or hot tea and a warm blanket or bed is of the first importance.

THE U. S. VOLUNTEER LIFE-

SAVING CORPS has distributed several thousands of its illustrated "RESCUE and RESUSCITATION CARDS," through its life-saving members, and, per mail, it will furnish them to any one on receipt of the cost of postage and mailing tube, five cents. But if any of your readers will cut out this article from your paper and study its instructions and carry it with them, they will be able to meet any emergencies that may occur upon the waters.

Whenever, in any State, or any Waterways, where people bathe for swimming or boat, three or more expert swimmers will form a Volunteer Life-Saving Crew, we will furnish them, free of expense to them, Life-Saving Buoys and Flags and Signs to designate their Station, and Button and Badges to denote their official positions, and also boats and Medicine Chests where needful containing all remedies to resuscitate the drowning at half their cost.

FREE LECTURES (illustrated), giving the entire history of the Life-Saving organizations, will be given by its Officers wherever desired.

Thanking you in advance for any aid you may be able to give in extending the usefulness of our Volunteer Life-Saving Corps work, I remain,

FOR THE BOARD,

Very truly yours,

J. WESLEY JONES.

President and General Superintendent of the U. S. V. L. S. C.

General Offices: Where all inquiries for information of Life-Saving work or formation of Life-Saving Crews in any State may be addressed, 63-65 Park Row, New York City.



ton.—We have been reading daily papers, of the great number of deaths in your city, from spinal which has become catching, and epidemic. Is it a new disease or a revival of an old disease? Also, how the cause be explained? Please answer in your next issue, and oblige, Mrs. Whitman, Valley, Neb.

ANS.—The trouble referred to is not a new disease, nor an old one with a new name, for it has been defined and classified for many years as cerebro-spinal meningitis,

an inflamed condition of the meninges or membranes of the brain. The spinal cord is practically a prolongation of the brain, and its structure and the compound term is used to denote the involvement, more or less, of the spinal cord. The great mortality is due to these cases being involved. It has been called cerebro-spinal fever, cerebro-spinal meningitis and spotted fever. Its cause is matter of dispute; but the major authorities think it is due to a virus, or germ, known as the meningitis of Weichselbaum. The fact of its epidemic character helps to confirm the theory of germ origin. It is fatal among children, as among the most vulnerable age being fifteen to twenty-five. It is recognized in three forms, the fulminating, the chronic and the hysterical. In treatment the bowels must be kept thoroughly cleansed and the skin active, the feet kept warm and the head cool. Hot sweat baths, by means of a cabinet bath, are very efficacious, as the head remains free, and frequent hot baths afford excellent results.

QUESTIONS AND ANSWERS

QUESTION.—I am troubled by a severe itching of the scalp, and, occasionally hair will fall out. Please tell me through the columns of your magazine, what the trouble is, and also, kindly suggest a remedy. Yours truly, A. Render, Pittsburgh, Pa.

ANSWER.—The trouble is undoubtedly of constitutional origin, and no local treatment will have any effect unless the system is brought into better condition by hygienic living, adopting a simple, nutritious diet, and keeping the body thoroughly clean, both externally and internally. Doubtless the trouble is aggravated by wearing a close-fitting, hard hat; therefore, go bareheaded as much as possible. Wash the head at least twice a week, with a good tar soap, following it by firm and vigorous friction of the scalp with the tips of the fingers. Avoid wearing a tight-fitting hat, and try to improve the general circulation by moderate, judicious exercise.

QUESTION.—As a subscriber to your instructive magazine, I would ask you if you can suggest a remedy for chilblains, from which I am a great sufferer, being still troubled with them, even at this late season of the year. Any advice you can give me will be greatly appreciated by, Yours respectfully, Mrs. Kate Gillespie, Carrigaholt, Ireland.

ANSWER.—Although few people rea-

lize it, a chilblain is a burn, from cold, and should be treated precisely in the same manner as a burn from heat. The best remedy we can suggest, and one that has proved equally valuable in all classes of cases, is as follows: Add one drachm of carbolic acid to four ounces of glycerine, and apply it freely. We venture the prediction that it will cure any case of chilblains.

QUESTION.—Be so kind as to give me your valuable medical advice upon the following under your Questions and Answers: About ten months ago I had a severe attack of pneumonia, from which I am now quite recovered, except for the fact, that almost daily I have a sort of fever, or rather, a warm glow or flush in the face, which usually comes on about 11 A. M., lasting until 3 or 4 P. M., and always, after the slightest exertion, or a bath. Could you kindly inform me the cause of, and the cure, if any, for this? Otherwise, I feel comparatively well. Also, are cold baths in any way beneficial, or not, and such sports as football and the other violent exercises? I am using a common syringe for a weekly flushing of the bowels, but find that after each operation my bowels act rather irregularly for three or four days. Can you advise me how to prevent this, and what causes it? How long should the injections be retained in the bowels? Thanking you in anticipation, I remain, A Grateful Subscriber, Pretoria, Transvaal Colony, South Africa.

ANSWER.—The trouble described by you is undoubtedly due to a derangement of the vasomotor system of nerves, which regulate the circulation. It is not

uncommon for such nervous disturbance to follow a severe fever, and in instances it is due to the action of medicine administered during the illness. To restore the equilibrium of the nervous system is the most important step, and is best accomplished by improvement of diet. Fats are essentially nerve food, and we should recommend the use of good butter, and cream; also a large amount of celery and lettuce. Fresh air and sunshine are indispensable in restoring nerve balance, and we should advise you to spend plenty of time in the sun. Whether cold baths are beneficial or not depends entirely on the physical condition of the individual. If the bath is followed by a warm glow, indicating prompt reaction, then it may be taken with safety; but if there is the slightest chilliness afterward, the cold or tepid bath should be substituted. Exercise is of the greatest benefit to the human being, but should be employed judiciously, and in your case, we certainly advise against indulging in football. There are plenty of other sports to be had, that will afford the needed exercise—tennis, for instance, or golf. With reference to the flushing of the bowels, our experience is, that if the enemata are not copious and thorough, the regularity of bowel action is likely to be disturbed: but the drinking of a glass of water, half an hour before breakfast in the morning, will do much to assist in restoring natural functions. The retention of the water is neither desirable nor beneficial. As soon as all has been voided that is possible, it should be promptly expelled.

BOOK REVIEWS.

IN VIBRATORY THERAPEUTICS. Application of Mechanical Vibration to the Treatment of Disease. Henry Weston Barnum, M.D., New York American Electro-Therapeutic Association. Dutchess County Medical Society, Poughkeepsie, N. Y. Published by the author, 1905. Price, \$1.75.

Interest has been excited of late in the subject of vibration as a remedial agent, and not a few devices have been thrown upon the market for the purpose of illustrating its principles, although a proportion of them are of doubtful value. That vibration is of great value in stimulating the deeper tissues, is no question, and no progressive physician can afford to neglect its claims. Therefore, this little book will prove of great value, as it contains the results of practical experience by one who has devoted his attention to the subject. The fact that it is a second edition proves that it is a want, and those who wish to inform themselves as to what has been accomplished, will do well to give it their

attention. It abounds in useful information on all the essential matters affecting early childhood, and should meet with a hearty welcome in every home. Bathing, clothing, diet, sleep, exercise, and in fact, all the requirements of childhood are dealt with in an agreeable and practical manner. Many more pretentious books contain less information on these important subjects, and no mother can or will regret the outlay in procuring it.

IMMORTALITY. The Principal Philosophic Arguments For and Against It. By William Colby Cooper, M.D. Cleves, Ohio. Published by the author, 1904. Price, \$1.00.

While a work of this character does not come strictly within the scope of a magazine like ours, yet the book is so profoundly interesting, and the subject such an important one, that we feel we can depart from our regular course, to consider it. It is written in a concise, logical manner, the arguments for and against being well presented, and candidly commented upon, supplemented by the original views of the author, which are both lucid and convincing. It administers a cracking blow to agnosticism, although it is avowedly agnostic in character. The materialist, who thinks himself secure in his belief, may find in this work some arguments sufficiently strong to shake his convictions. Altogether, it is an interesting book on a vitally important subject, and will well repay reading.

MOTHERS' MANUAL. A Monthly Bulletin for Young Mothers. By Eve Lincoln Coolidge, M.D., Visiting Physician of the Out-Patient Department of the Babies' Hospital, New York. Illustrated. A. S. Barnes and Co., New York, 1904.

It is a work that should prove of great value to all who have the care of young children, especially

PUBLISHERS & DEPARTMENT

"HEALTH" WINS RICHARD PALMER.



nouncing that after extended negotiations, it has been able to secure the services of Mr. Richard Palmer, whose reputation as the leading journalistic exponent of modern hygiene and right living, is world wide. Mr. Richard Palmer will at once assume the active management of HEALTH, and we feel sure that when they see our August number our readers will fully appreciate the results of his work.

Until he consented to identify himself with HEALTH, Mr. Palmer was the General Manager and Editor-in-Chief of *Vim*. Realizing that the resources and the obvious future of HEALTH offered greater scope, both to his talents and to his progressive ideas, than were possible on the smaller and younger magazine, Mr. Palmer welcomed the opportunities we were so fortunately able to offer him.

In gaining Mr. Palmer, our readers will share with us in pleasurable anticipation of the important plans he has formed for the future of HEALTH. We have given—and shall always give—the

very fullest scope to his ideas, and while the immediate necessities of publication of our July issue prevent any extended notice at the present time of the changes proposed, Mr. Palmer will himself explain his projects to our readers in "A Word with Our Subscribers" in the August number of HEALTH.

Without materially discounting Mr. Palmer's announcement, we can say that among the first of the forthcoming improvements will be an entirely new "dress" for the magazine. A most artistic and beautiful new cover has been designed for HEALTH—a cover that will be entirely worthy of the enlarged and broadened publication to be contained within it. The general typographical effect will also be heightened.

In addition to these improvements, Mr. Palmer intends greatly to increase the home and educational value of HEALTH. Expert and special attention will be paid to the recreative side of Physical Culture, Diet, Breathing and Outdoor Life. As usual, the best known writers on Hygiene and Physical Culture will contribute to HEALTH. All these improvements are designed to accomplish Mr. Palmer's intention to make HEALTH the authoritative and official organ of HYGIENE in America.

When you read the August number you will find many more interesting and pleasant features to bear witness to the force, originality and high intent of the magazine's Managing Editor.

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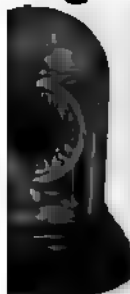
A simple accident, if neglected, may cause blood poisoning and oftentimes death. Prompt attention and the use of articles in Pond's Extract Accident Case will avoid this danger. It should be in every house, store and office. A First Aid Book given with each case explains fully how to treat all injuries resulting from accident. The contents of Pond's Extract Accident Case, if bought separately at retail, would cost \$1.65. The complete case is sold for One Dollar.

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U. S. PAT. 812,812, MAR. 2, 1902.

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90 West Broadway, New York.

HYGIENE IN LAUGHTER



I have patched the voice of singers,
And have robbed the sneeze and
grippe,
Knocked the chills clear out of ague,
Cured the smallpox every trip;
But one stunt has always floored me;
Always will—this little trick—
Giving pills and soft emulsions
To the doctor when he's sick.

“Your husband, Mrs. Muggleby, is suffering from a complication of diseases,” said the doctor. “I must first make a diagnosis.”

“I hope you can make it of calico, then,” was the good soul's reply, “for I haven't a piece of flannel in the house.”

Mike—“They say Tim Cassidy died without th' aid av a dochtor.”

Pat—“Well, Tim was always a handy lad at anything.” —*Judge.*

During one of the battles in Mexico, a French officer was wounded severely in the thigh, and for four or five days several surgeons were engaged in attempting to discover the ball. Their sounding gave him excruciating pain. On the fifth day he could bear it no longer, and cried to the surgeons, “Gentlemen, in heaven's name, what are you about?” “We are looking for the ball.” “Mon Dieu! why didn't you say so at first? It is in my waistcoat pocket!”—*Modern Eloquence.*

Dr. W. A. Gray enjoys the distinction of having gotten even with a plumber who charged what the doctor considered exorbitant rates. The doctor paid the exorbitant bill without a murmur, but about two weeks after the bill was liquidated there was sickness in the same plumber's family. Dr. Gray was called. When he reached the house he was without his medicine case. He said he did not know what the ailment was and wanted to know before bringing his medicines. He returned and secured his medicine case and treated the patient. On the first of this year the plumber was rendered a bill in which he noticed an item of \$2 covering the time it took the doctor to go back to his office for the medicine case. The plumber remonstrated and the doctor said: “You taught me a new trick. I could not tell what tools were needed before I went to the house and so had to go back after them.” The plumber paid the bill.—*Denver Times.*

“That Dr. Cutem's fad seems to be appendicitis.”

“Yes. It got him into trouble with the library officials last week.”

“How was that?”

“A book that the doctor had taken out was returned after operation.”

“I hear that vaccination is getting into disrepute.”

“That is a mistake, for it takes as well as ever.”

EDITORIAL DEPARTMENT

BY CHARLES A. TYRRELL, M.D., EDITOR.

Absolute cleanliness, both internal and external, is the golden key that unlocks the door of perfect health.

VOL. LV.

AUGUST, 1905.

No. 8

HOT WEATHER HINTS.

Now that the hot weather is upon us it should be borne in mind that the natural moisture is drawn from the body by atmospheric heat, being evaporated both from the skin and mucous membranes. This creates exhaustion, and it is imperatively necessary to renew the supply, if you would keep the tissues in a healthy condition. Many people imagine that in such conditions it is unwise to drink freely of cold water; but this is a mistake. Cold water may be taken freely, in fact, all that the system calls for, and with perfect safety. The mistake that most people make, especially in this country, is in drinking large quantities of ice water, which is a grave error, when the body is overheated. In hot weather any and all liquids partaken of should be only cool enough to allay thirst, and if this rule is faithfully observed no ill results will follow the use of all the liquid refreshment the body needs. Bathe frequently in warm water, for

strange as it may seem, a warm bath will cool and refresh the system better than a cold one, for the reason that the warm bath allays the feverish conditions, and reduces the temperature.

When suffering from extreme heat, allow cool water to trickle gently over the wrists, or place a folded towel, wet with cold water, on the back of the neck, and frequently replace it. As these two places are the most sensitive in the body, the effect is most marked and grateful. See that the babies do not suffer for water. Even when troubled with summer diarrhoea, cold water given an ounce at a time will be found of immense value. No matter if it is vomited, repeat the dose until the stomach will retain it. Cold water, taken with discretion, is nature's finest remedy.

ELECTRICAL ANAESTHESIA.

Few discoveries have been of greater benefit to the human race than the fact that certain substances possess the

power of rendering the individual insensible to pain, thus making complicated surgical operations possible, and reducing the fatalities from shock, which mounted into large figures before the advent of anæsthetics. Chloroform and ether have long been the favorite substances employed, and wonderful results have been attained from their use, but their employment has always left something to be desired: the first named, on account of its effect upon a weak heart, and the second, on account of the distressing nausea that so frequently follows its use. A new anæsthetic is therefore to be regarded with profound interest. Dr. Stephen Leduc, a French physiologist, has recently conducted a series of highly satisfactory experiments, firstly upon animals, and lastly upon himself, using electricity as the tranquilizing agent. His plan is to use an interrupted current, with a make and break of a hundred and fifty to two hundred per second, introducing a non-conductive resistance in the circuit, which completely eliminates the unpleasant symptoms present in the earlier experiments. In his personal test, one electrode was held to his forehead, the complementary one over the region of the kidney; fifty volts being employed. According to the doctor, the first phenomena was the inhibition of speech, followed by the arrest of the motor faculties, this, in turn followed by a feeling of numbness. The most interesting part of the experience, however, was that the instant the current was broken, the return to consciousness was instantaneous, and with a refreshed feeling, as if having awakened from a sound sleep. While no

surgical operations have as yet been attempted by its aid, the outlook is most encouraging, for it seems that we are rapidly nearing the time when painless surgery will be universal, and without any possible dangerous after effects from drugs, which, while inducing unconsciousness, yet possess hidden dangerous possibilities.

COLLARS AND NERVES.

We have heretofore inveighed against the practice, common to many men, of wearing the trousers tightly fitting around the hips, thereby seriously interfering with intestinal function, the said practice being largely indulged in by those of the sterner sex who delight in pointing the finger of scorn at the corset. There is, however, another article of men's wearing apparel which is responsible for quite a large amount of trouble, although few people would suspect it: we refer to the high, tight collar. The ancient writers on medicine were familiar with the dangers that might result from undue pressure upon the structures lying beneath the collar, and the symptoms attending such pressure. These symptoms were, a sense of suffocation, laborious breathing, accelerated heart action, and frequently, nausea and vomiting, together with other unpleasant gastric symptoms. These were generally supposed to be due to pressure under the carotid artery; but recent investigations point almost conclusively to the pneumogastric nerve, as the structure particularly affected. On account of the intimate connection of this nerve with the stomach the gastric symptoms are easily explained, as constant irrita-

would undoubtedly produce but in addition this nerve supplies more parts and structures than any other single nerve. It is the nerve is deeply seated, lying posteriorly to and between the carotid artery and the internal jugular vein; but constant irritation of the nerve terminals supplying the larynx, etc., (and which connect with the vagus nerve) may easily account for the unpleasant results. Persons engaged in sedentary occupations involving a stooping position, especially those in whom the foregoing symptoms are most frequently found, and in whom, irritating pressure from the collar is most likely to be exerted. Our advice to all whose occupations involve much stooping or bending over is to give the neck and shoulders free play. In any event, high collars are an abomination.

THE LATEST MILK BOTTLE.

It is universally admitted to be one of the most perfect foods, and in advanced (?) days, when so many find it a physical impossibility to rear their offspring, it has become almost indispensable. Its great value, however, depends upon its purity, for there is no more fruitful source of trouble—nothing that will so quickly carry infection than impure or tainted milk. The question of supplying large centres of population with pure milk is one that has engaged the attention of hygienists and legislators for years, and although much has been done to safeguard the people in this matter, there is still ample room for improvement. The principal source of trouble at present is a

thoroughly satisfactory containing vessel, even the glass bottle, with every attention paid to sterilization, falling short of the requirements. Dr. A. H. Stewart, of the bacteriological department of Philadelphia, now announces that a satisfactory container has been devised in the form of a single-service paper bottle. This consists of a cone-shaped vessel of heavy spruce wood paper, with an ingenious locking device to close the bottom. These vessels are dipped in a solution of paraffin, at a temperature of 212°F., and then baked, which completely sterilizes them, and in addition, prevents the milk coming in actual contact with the paper, and adhering to it. Tests have been made by sending both a glass bottle and a paper bottle to different dairies, and having them both filled from the same lot of milk. Upon examination at the bureau the glass bottles all showed signs of leakage, not so the paper bottles. In every instance the milk in the paper bottles was found to contain fewer bacteria than that in the glass bottles, the average being seventy-five per cent. less; and further tests showed that certified milk in the paper bottles kept sweet two days longer than that in the glass bottles. From the fact that they are only used once, and then destroyed, all danger from negligent bottle washing and sterilization is completely eliminated, a most important feature. The cost is so slight as not to increase the price of milk to the consumer, and if they should be found as successful in general use, we may congratulate ourselves that the question of supplying pure milk in cities is practically solved.

RACE SUICIDE.

Considerable interest in this subject has been manifested of late, mainly owing to the utterances of Pres. Roosevelt; but we fail to see any necessity for hysterical anxiety upon the matter. Nature manages these matters without assistance, and the history of the world shows that the lower the civilization, the greater the birth rate. It is a natural law, and entirely beyond human control. In the lower forms of animal life, the death rate is inconceivably high; but nature preserves the balance by making the birth rate equally prodigious. Why should man concern himself in the attempt to interfere with natural laws that have been in operation ever since the world began? The law of the sur-

vival of the fittest may seem to be a cruel one; but it is inevitable, and it will be found that when the death rate falls the fittest to survive are those with the smallest number, due to the absence of the immense physical drain consequent upon reproduction. The greater the family the greater the probability that they may not be as strong as they should be, nor as well calculated to survive, hence, extinction naturally follows. The whole matter is a question of environment, and man can no more change it than he can alter the stars in their courses. Nature has always regulated these matters without assistance or interference, and will continue to do so; for she concerns herself with the species, and not the individual.

 FOR BOYS.

One of our great American leaders says a boy should learn:

- To let cigarettes alone.
- To be kind to all animals.
- To be manly and courageous.
- To ride, row, shoot and swim.
- To build a fence scientifically.
- To fill the wood box every night.
- To be gentle to his sisters.
- To shut a door without slamming.

To sew on a button.

To do errands promptly and cheerfully.

To have a dog and make a companion of him.

To get ready to go away without the united efforts of mother, grandmother, sisters, chambermaid and cook.—*The International*.

 ANNOUNCEMENT.

In this issue will be found two articles, each of them being the initial number of a series. The article on canoeing is by Clifton Sparks, M.D., who is an enthusiast on the subject on which he writes; while the article entitled, "Get the Health Habit," is from the pen of Mr. George

Propheter, widely known as a prominent exponent of the "nature cure." These initial articles will serve to indicate the intellectual treat in store for our readers, and we congratulate ourselves on being able to secure such valuable reading matter for their edification.

CONTRIBUTED ARTICLES

CANOEING AS AN AID TO HEALTH.

BY CLIFTON SPARKS, M.D.

g, as an aid to rational Phy-
ire, has never been given the
which it really deserves.

ie who has made the slight-
of the usual mechanical aids
al Culture is familiar with
ing machines" and the "row-
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thing about canoeing—how
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dangerous." It is not. The
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ryone who will treat a canoe
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iously dumped out. The
s safe as a row-boat—safer,

in fact, for the canoeist can see where
he is going to, while the rower has his
back turned to the lurking barrel or
the sunken rock.

Purely from the physical standpoint,
the canoe cannot be excelled. Paddling
a canoe is incomparably better exercise



ANY COMFORTABLE DRESS WILL DO.



AS COMFORTABLE AS A HAMMOCK.

than rowing a boat. Study the two positions a moment, and you will see that the use of the oar exercises merely one set of muscles—those which, to avoid technicalities, may be described as the “pulling” muscles of the back and arms. With the paddle, on the other hand, the “pushing” muscles of the chest, abdomen and ribs are liberally exercised as well as those of the back. The result, naturally, is an all-around, well-balanced development that is usually lacking in the oarsman.

Attention has already been directed to the fact that the canoeist faces his work—he looks ahead and can see where he is going—but there is still another point of superiority to be credited to the canoe. The rower, from the very nature of his work, must bend over his oars, and the tendency of

this, if long-continued, is to produce round shoulders. The canoeist, on the other hand, sits upright. Every stroke of his paddle throws back his shoulders and brings forward his chest. Shallow breathing is almost impossible in canoeing. The combined push and twist of the stroke, as the paddle is brought through the water, brings into play all of the muscles of the trunk, notably those of the chest and shoulders. Some of the most wonderfully developed chests the world has ever seen were upon men who practically lived in and by their canoes. These men, too, carried themselves well—with a balance and swing seldom seen in the devotees of sports.

Comparison has been made between the row-boat and the canoe be-

g is the exercise naturally
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at this point. The canoe is not
more graceful, healthful and
nt, but it is also cheaper. An ex-
t canvas-covered canoe can be
ased for \$25 in what is known as
unting finish," while for \$40 one
vel in mahogany trimmings and
ine varnish.

listinction should be made here
en the canvas and the canvas-
ed canoe. The canvas canoe, or
is a collapsible affair that can be
. up and packed in a box. Its
lies in its extreme portability
long overland journeys are to be

The canoe treated of here, how-
is the canvas-covered canoe—a

boat built with perfectly smooth sides,
of cedar planks about three-eighths of
an inch thick. The surface of the boat
is first treated with oil, and then cov-
ered with marine glue, over which a
covering of strong canvas is tightly
stretched. A waterproof material is
then ironed into the canvas until all
trace of its grain has disappeared.
Lastly, the boat is given several coats
of coach-painters' japan and spar var-
nish—and you have the canvas-cov-
ered canoe complete. These canoes are
strong, tough, exceedingly durable and
light. An ordinary canoe weighs be-
tween fifty and sixty pounds, and can
be lifted into or out of the water by a
woman.

Any narrow creek or stream with
three or four inches of water in it will
accommodate a canoe. When the
paddle cannot be used a pole can be



THE SOCIAL SIDE OF CANOEING



PUTTING ON SPEED.

brought into service. The extreme width of a canoe is about 34 inches, and as there are no oars to stick out on the sides any stretch of water that is a yard wide can be negotiated in a canoe. Even when carrying two heavy men and a full-sized camping outfit, a canoe, because of its almost flat bottom, will float in so little water that an enthusiast once declared his craft would swim in the dew on the outside of a pitcher of ice-water. Could buoyancy be carried farther?

No better or more healthful vacation can be spent than that which is shared with a canoe. You can go wherever there is water, and at night can sleep in or under your canoe. By keeping your camping outfit down to necessities, you and your partner can carry—or "portage"—your canoe from one small lake or stream to another, and for days may be independent of roads, towns and men. What two men can do, can be done equally well by a man and his wife, or by two self-reliant girls.

If you are interested enough in what has already been said of canoeing to decide to take up the sport you had better begin by buying a good canoe.

Do not be beguiled into buying one of the small "tippy" concerns with a centre-board that are to be found in some of the shops—that is, "Don't" unless you are an expert in handling small sail boats. Choose a good, wide, 16 or 17-foot, canvas-covered canoe, with plenty of "tumble-home." The sides of a canoe without "tumble-home" are straight. Those with "tumble-home" have a decided bulge which adds greatly to their safety and stability. "The flatter the floor the safer the boat," is a good rule to remember.

The only accessories you will actually need to your canoe are a couple of paddles, but if you intend to use the craft as a general pleasure boat—and therein lies the chief advantage of a canoe—there are a lot of things that can be done inexpensively for the general comfort of your guests. Half the fun of a canoe is in planning little comfort-making additions in the way of equipment.

Before you go into this part of the subject, however, it will be better to achieve thoroughly the mastery of your canoe. And that is really easy enough.

If you have purchased a standard

you will notice that it has two one of which is placed much from the middle of the boat the other. The seat farthest from middle is the stern, or steersman's the other is occupied by the bow tr. Some canoeists never use seats at all, preferring to court the safety by sitting on the bottom of the canoe. Others remove the seat altogether and retain only steering seat. Your own choice should be determined first by the seas in which you expect to cruise, secondly by your ability to handle boat. In rough water a seat on the stern of the canoe is best. The kneeling position is a good compromise. Assuming that you have a companion and that your boat is in smooth water, take your positions in the canoe. The paddles being better than the ones for so wide a boat, you have selected them. Grasp the top of the paddle in one hand, and with the other take hold of the shaft just above the blade. Now reach forward and slip your paddle into the water, to the side of the canoe, with the blade at right angles to the length of the canoe. With a combined

push and pull bring the paddle through the water. All that the bow man has to do is to keep on paddling. The man sitting in the stern should "keep stroke" with the bowman and steer. Steering cannot be described serviceably, but ten minutes' practice will enable you to do it.

If you want to handle the canoe by yourself you can either sit in the middle and paddle from there, or better still, put some ballast bags in the bow and sit on the stern seat. The "bestest" ballast of all, however, is a pretty girl, and the most satisfactory way of making her comfortable is to remove the centre stretcher and lay a strip of carpet in the bottom of the canoe. Against the stretcher, that is just back of the bow seat, place a "lazy-back," or back-board. Take the cushions from a Morris chair and place them in position on the floor of the canoe and against the back-board, fill in the gaps with a few sofa-cushions, provide a Japanese parasol and a box of candy, and you are the skipper of a craft that for sheer comfort and enjoyment excels any mere steam yacht ever launched.

(To be continued.)

THE PRESERVATION OF HEALTH AND CURE OF DISEASE.

BY ROBERT WALTER, M.D.

(Continued.)

every true science of life, therefore, starts man immediately with his Creator, whom we live and move and have being." There is no other source of power. The thing which comes cannot exceed the source whence it

comes, any more than something can come out of nothing. Vital force can no more come out of physical forces than stones can think or move themselves. "Life out of no life," is a futility if not an absurdity. The transmutation of

forces we have shown to be a fallacy if not a fraud. The arguments of those who would have us believe that life may be manufactured or produced out of material things are rendered plausible only by misquotation, misconception and overweening prejudice. The forces of life are not more producible or transformable than is gravity produced, on the one hand, or transmuted into chemical force, on the other, or heat is transmutable into gravity. Who knows how to make an element, or add to its specific weight, or to change its affinities, may know how to make life and the power of life, but not otherwise. Gravity, affinity and vital force, are forces inherent in the things in which we find them, from which all other forces, motions and "modes of motion" are produced, but which are never transmuted into them, and these can certainly never produce those. As well agree that the child can beget his own father as that heat can produce either gravity, affinity or life.

Force, therefore, whether physical or physiological, is an intrinsic reality, not a mere "mode of motion." It is the cause of all motion, the source of all work, the substantial basis, as we have seen, of all that is.

Newton proved that every particle of matter in the universe is a storehouse of force, and as the living organism is material, it has stored within it both gravity and affinity. But it has in it another force, as proved by the fact that it performs other functions not only, but that after all vital function has ceased, the gravity and affinity still remain, and become even more active than before. Gravity and affinity belong to the dead as well as to the living, but the living

exhibits a force additional to those found in mere matter.

A further important proof of the existence of vital force in every living organism is the fact that when the force leaves the organism, that is, when the life separates from the matter, the organism begins at once to disintegrate and disappear. Chemical force never did and can never produce a living thing, for the reason that it is a force destructive to life, being here as elsewhere a good servant but a bad master. Life, the master, uses and controls the affinity as a servant to do its bidding, but when the servant gets control, disorder and destruction at once begin.

Still further proof of the existence of vital force as a distinct entity is the fact that while it is a great producer it cannot be produced. The essential fact of living existence and, in a large sense, of that which is material, is reproduction; but no power on earth has ever generated life *de novo* any more than it has produced or generated matter. To make life out of no life is as impossible as to make a material substance out of nothing. Given life we may produce life, and given material we may produce new forms of it, but to create matter or life or produce any other effect without an adequate cause is above our might.

Both force and matter are therefore non-producible and non-destructive by art or device of man, while "modes of force," (Mr. Spencer's phrase) "modes of motion" and material forms of varied kinds are easily produced, manufactured, transmuted or transformed. Gravity makes heat, light and electricity and these are interchangeable; but who makes the gravity? While, therefore, the transmutation of *forces* is an imposition upon hu-

man credulity, without a single fact in the universe to sustain it, the transformation or change of *motions*, once we have the force to produce them, is an hourly occurrence, producing now heat, then light, electricity or magnetism, for these are "modes of motion," but no man ever dared to claim to have produced either gravity, affinity or life. These are God-made, not man-made.

LIFE AS A PROCESS.—But the term, it is freely admitted, is often used to describe a *process* as well as a principle. Growth and development are its distinguishing characteristics, and the process is reproduction—the reproduction of the cell in which one cell becomes two; two, four, and so on into the millions, each new cell drawing its power from the source of all power and its matter from the material world. The process is properly called *Nutrition*, which constitutes the building up of all organs and all individuals. These are not the product of manufacture but of growth; neither mechanical nor chemical forces can produce them. Life in Nature first appears in the protoplasm of the cell, which is the primal constituent of every living thing, which living thing is but an organization of cells where the processes of life, growth, reproduction, decay and death are forever going forward.

LIFE AS A PRODUCT.—The product is obvious to all, even the process is more or less evident; it is the principle that men overlook. Causes are apprehended only through faith based upon reason. By faith we understand how the worlds were made—not a blind superstition that they were made out of nothing, but rather a deep conviction that they are the product of invisible potencies, so that the "things

which are seen were not made out of things which do appear." The microcosm illustrates the macrocosm in the matter of Creation as well as elsewhere; from an invisible power always within the thing it creates, comes forth the one as well as the other.

These great problems are all involved in a study of vital science. The preservation of life, the maintenance of health, the prevention and cure of disease, are all involved in correct conceptions of the forces and laws that produce them. The former represent life as a product—for disease as well as health is a product of life, while the latter declare life as a *cause, power or principle*. Some choose to ignore the *cause* and insist upon studying the *effect* only. They observe symptoms, and at best speculate upon their meaning, all the while refusing to reason intelligently upon the subject they affect.

The latest great philosophy which is at best a monument to overwhelming self-conceit, tells us that life is simply a "mode of motion," having no real or intrinsic existence, but in order to make the doctrine plausible, it is compelled to argue that gravitation is also a "mode of motion." According to this theory gravity is the motion of the spheres, not the cause of the motion; it has no real existence, it is the rolling stone, the rushing torrent, the falling rain, but it never causes these. And in the living world it teaches in so many words that nerve force would seem to be "some species of molecular disturbance that is propagated from end to end of nerve." The force that produces the disturbance is wholly ignored. It propagates itself, is the sapient advice, and so it is able to define life as the "continuous adjustment of internal re-

lations to external relations." (Spencer's Principles of Biology, Sec. 30.) The cause of the adjustment it wholly ignores, and proceeds under all circumstances to teach that life is a mere "mode of motion." If such is the case, what name shall we give to the force that produces the motion? Is it possible that effects can be produced without causes? If life is a motion what is the force that produces it? Does it produce itself? If it does "perpetual motion"—motion without force; motion that produces itself,—is a necessary requirement of human reason, and the authors who teach the "mode of motion" doctrines should apply them to mechanical science, and enable us to get rid of steam, electricity, even gravity and chemical affinity. The fact is, the theory is too absurd for intelligent consideration. The *manifestations* of life, whether in health or disease, are all "modes of motion," but the life which produces these manifestations is a real, intrinsic existence—a force the perfect counterpart of

gravity and affinity, to deny which existence is equivalent to putting out one's eyes in order that he may not see. They are not modes but realities; they are causes which cannot be caused; they are forces which produce "motions," but are never transmuted into them, which motions again can never be returned to the forces whence they came.

The science here sought to be established, therefore, is based upon the conviction that life is a force, inherent in all living things, producing all vital functions and phenomena, including the pains and symptoms of disease as well as the pleasures and functions of health. Vital science, therefore, consists in a study of vital force, the power of life, and how it produces these manifestations. Once we have learned how to produce health or disease, give pleasure or pain, and repeat the operation indefinitely, we have a science that will outrival in practical value all its compeers.

(To be continued)

GET THE HEALTH HABIT.

BY GEORGE PROPHETER.

WHAT HEALTH REALLY IS.

Let us first see what health really is, what some of the greatest have said on this vital subject, how they have defined the word, how they have described or explained the condition known as health. For, after all, one should first have a clear idea of what constitutes health, or what health constitutes, before setting out to look for it or to cultivate it; for then we will certainly be enabled to act more intelligently in the pursuit.

Sir William Temple: "Health is the soul that animates all enjoyments of life, which fade and are tasteless, if not dead, without it. Without health, man starves at the best and the greatest tables, makes faces at the most delicate wines, is old and impotent in seraglios of the most sparkling beauties, is poor and wretched in the midst of the greatest treasures and fortunes; with common diseases, strength grows decrepit, youth loses all vigor, and beauty

all its charms, music grows harsh, conversation disagreeable; palaces are prisons, or of equal confinement, riches and attendants are cumbersome and crowns themselves are a burden."

The "Standard Dictionary": "Health is the condition of soundness of any living organism; the state in which *all* the natural functions are performed freely without pain or disease." "*It is something different from strength; it is universal good condition.*"

The "Century": "Health is that *condition* of a living organism and of its various parts and functions which conduces to efficient and prolonged life; it is a *normal* body condition."

"Universal Cyclopedia": "Physiologically, health is that *condition* of organized living bodies in which the blood and tissues are in the state of integrity and functional activity *inherent* in their *normal* constitution."

"People's Encyclopedia": Health is that perfect and harmonious play of all the functions which permits a man *to be all that his creator intended.*"

Huxley: "Health is the perfect working of the human body; disease is a disturbance in the mechanism, and death is the stoppage of the mechanism."

Thomson: "Health is the vital principle of bliss."

Arbuthnot: "Health is itself but a kind of temper, gotten and preserved by a convenient mixture of contraries. It consists in the equilibrium of those two powers, when the *fluids* move so equally that they do not press upon the *solids* with greater force than they can bear."

Health means awakening mornings rested, refreshed, as eager to leave your

bed and get at your labors or studies as a healthy child is to get up and play.

Health is stored power, momentum; and no one has more health than momentum, and no one has more momentum than he has health.

Health "tunes up" the nerve system, puts the bodily instrument into perfect harmony, balances the physical and the mental.

Health is the foundation of the man, of the community, of the nation.

Health means a bodily machine that does its work without our consciousness of its functioning.

Martial: "Life consists not in mere being, but in the enjoyment of health."

THE VALUE OF HEALTH AS COMPARED WITH WEALTH.

The saying, "Health is wealth," is as old as disease and poverty, which are the conditions that gave birth to the proverb.

Emerson has said, "The *first* wealth is health."

C. C. Colton: "There is this difference between those two temporal blessings, health and money—money is the most envied, but the least enjoyed; health is the most enjoyed, but the least envied; and this superiority of the latter is still more obvious when we reflect that the poorest man would not part with health for money, but that the richest would gladly part with all their money for health."

Dr. Johnson: "Health is certainly more valuable than money, because it is by health that money is procured; thousands and millions are of small avail to alleviate the protracted tortures of the gout, to repair the broken

organs of sense, or resuscitate the powers of digestion."

Laurence Sterne: "O, blessed Health! Thou art above all gold and treasure; it is thou who enlargest the soul, and openest all its power to receive instruction, and to relish virtue. He that has thee has little more to wish for! and he that is so wretched as to want thee wants everything with thee."

Rousseau: "He who has not health has nothing."

William Orton: "O, what a blessing is health! and those who *want* it are the best able to feel its value."

So many persons lack this priceless, important, indispensable condition called health because there are so many ways of getting sick, and only one way of getting well, which is the only way—by natural hygiene properly understood and scientifically applied to meet the individual needs of each person.

THE IMPORTANCE OF HEALTH.

H. Mann: "Were a young man to write down a list of his duties, health should be among the first items in the catalogue; this is no exaggeration of its value, for health is indispensable to almost every form of human enjoyment."

Henry Ward Beecher: "The morbid states of health, the irritableness of disposition arising from unstrung nerves, the impatience, the crossness, the faultfinding of men, who, full of morbid influences, are unhappy themselves and throw the cloud of their troubles like a dark shadow upon others, teach us what eminent duty there is in health."

Montaigne: "Health is a precious thing, and the only one in truth meriting that a man should lay out, not only his time, sweat, labor and goods, but also his life itself, to obtain it; forasmuch as without it life is injurious to us, all means that conduce to health can neither be too painful nor too dear to me."

Locke: "If by gaining knowledge we destroy our health we labor for a thing that will be useless in our hands; and if by harassing our bodies (though with a design to render ourselves useful) we deprive ourselves of the abilities and opportunities of doing that good we might have done with a meaner talent, which God thought sufficient for us, by having denied us the strength to improve it to that pitch which men of stronger constitution can attend to, we rob God of so much service, and our neighbor of all that help which in a state of health, with moderate knowledge, we might have been able to perform. *He that sinks his vessel by overloading it, though it be gold and silver and precious stones, will give his owner but an ill account of his voyage.*"

This last sentence would reflect credit even on the greatest orator or philosopher, because, in the most convincing, forcible manner it calls our attention to the very act of which most of us are guilty on our voyage through life.

HOW TO GET THE HEALTH HABIT.

Cicero: "Good health is secured by employing the skill of those who have devoted themselves to the study of the human body." In other words, by reading HEALTH regularly.

health habit, but be sure that the right habit, the habit that will lead you to health; for

it is simply a question of good habits until custom has naturalized them, made them second nature.

The health habit as a whole is one compound habit made up of many small habits.

Get the habit of taking sun and air freely, but always with comfort, without shock. The sun is the source of heat and the body, when in a normal condition, will absorb this energy like a sponge absorbs water.

Get the habit of carrying stored sunlight and air around with you in your clothing, in your body, in your underwear, in your hosiery. Want it and have it in your bed clothing, so that you can sleep with it even at night.

Remember that that same artist, the painter, who paints the heart of the lily, the back of the gold fish, also paints roses in the cheeks of health. Get the habit of the sun!

Get the habit of satisfying hunger without an appetite, taste and relish. We have not a natural hunger for solid foods, wait for it, or work for it. These are the only ways that hunger may be felt or had. As I have said before, normal hunger is a constitutional call for some food, for food, for the purpose of avoiding actual waste caused by lack of food or mental exertion or labor.

The sense of appetite is that which gives the mental enjoyment in eating without regard to the real need of food; the sense of taste distinguishes the difference between the food to eat; the sense of hunger

makes it possible for us to digest and assimilate the food, that is, make use of it.

Get the habit of doing without unnatural stimulants like tea, coffee, spices, condiments, liquors, tobacco, drug tonics, excessive use of salt, sugar and fats.

Get the habit of doing without pastries, pudding, ice cream and other clogging foods, unless you are a motor-man, or a washerman, or coal heaver, or wood chopper working eight, ten or twelve hours every day.

Get the habit of being kind, which is the most beautiful, beautifying habit that it is possible for any human being to cultivate; it is the sunshine of life, to which love is the air, sympathy the moisture and happiness the flower.

Get the habit of breathing pure air in such quantities, in such volume, that your blood becomes so red that it will make your cheeks and your thoughts rosy.

Get the habit of exercising every muscle in your body at least once every day to the point of feeling exhilarated only, not to the point of fatigue, not even to the point of tiredness, but just to the point of feeling the exhilarating stimulation of accelerated circulation.

Get the habit of bathing daily in cool water, beginning in the summer time, when the natural temperature will permit you to get the habit without shock.

Get the habit of drinking only pure water, and in such quantities only as may be necessary to quench a natural thirst completely.

Get the habit of masticating every morsel of food until it becomes so

liquefied with saliva as to make the swallowing involuntary, which occurs when the starches are dextrinized, or the acids neutralized. The habit of complete mastication is one of such great importance that it is hardly possible for anyone to appreciate it fully.

Above all, study the habits of each little habit and that will make it possible for you to cultivate a good habit and root out a bad one.

Get the habit of wanting and having a clean room with many windows, through which it can be "swept" by breezes and disinfected by the sun. If you live in a city, have a singing bird in a roomy cage; for a singing bird is embodied sunshine, music, health and beauty. Have gold fish and silver fish gliding around in an aquarium artistically filled with ruined castles in minia-

ture, moss, coral, etc. Have flowers, ferns and foliage plants; for flowers are poems in colors, pictures painted by "that great artist, the sun."

Ferns are a study in themselves, showing Nature's versatility in making "a thousand patterns on a single plan."

In short, have a little world of your own in your own home, in your own room, into which put as much of Nature and country as you comfortably can.

In short, get the compound habit of being healthy, happy, contented, kind, industrious, sweet, clean, wholesome—all of which are simply matters of right habits practised until custom has naturalized them, made them second nature to you.

"Besides the inconvenience of illness, I have accustomed myself to consider it as a sort of disgrace, and endeavor to avoid it accordingly. It is the general custom to make too much of invalids, as if they were laboring under unavoidable misfortune. When it is really so, they are deserving of the utmost attention and compassion; but when, as is for the most part the case, illness is the consequence of habitual indulgence or

habitual carelessness, it ought to be the subject of reprobation. Illness has often a great mixture of selfishness in it, both in its cause and in its continuance, to which the compassionate are unconsciously made slaves. When people will do those things which they have reason to believe will make them ill, severity is the most effectual medicine, both for present cure and future prevention."—WALKER.

Instead of respecting the body and ignoring the mind, we now respect the mind, and ignore the body. Both these attitudes are wrong. We do not sufficiently realize the truth that, as in this life of ours, the physical underlies the mental; the mental must not be developed at the expense

of the physical. The ancient and modern conception must be combined. The fact is that breaches of the laws of health are physical sins. When this is generally seen, then and not till then, will the physical training of the young receive all the attention it deserves.—*Herbert Spencer.*



CONDUCTED BY PROF. ANTHONY BARKER.

WRESTLING

No. 3.

The illustrations specially posed by Prof. Anthony Barker and Al. Treloar, the "Perfect Man."

Graeco-Roman wrestling, as explained in the previous articles of this series, permits of any holds or change of holds, above the belt. The rules, of course, bar out any unfair action, such as twisting the fingers, strangling, pinching the skin, etc. In amateur contests, a certain arm hold, known as the "hammer-lock" is usually barred. In cut No. 1 the upper man has a hammer-lock in the left arm of his oppo-

nent. The danger in this hold, which has caused it to be generally barred, is in pushing the arm up the back to the limit. Inasmuch as the danger of this hold comes at the very last, and as it requires long practice to use the hold in a dangerous manner at all, I can see no reason why beginners should not practise the first stages of the hold.

The preliminary play for the hammer-lock, the tricks for securing it,



PHOTO. I.



PHOTO. II.

and the defense against it constitute some of the most scientific and valuable work in wrestling.

In the third photo of Art. 1 of this series, you will observe that the under man has the elbow of the arm nearest his adversary resting on the mat. If forced to the underneath position, an experienced wrestler will habitually place the arm nearest his opponent in

that position. The reason is to protect partially against the hammer-lock. If the under man kept his arm straight he would be subject to an easy attack for a hammer-lock in a manner explained later in this article.

Beginning with the position shown in the third photo, article 1, to try for a hammer-lock the upper man will clasp his left hand against the outside



PHOTO. III.



PHOTO. IV.

of the left elbow of the lower man, at the same time lifting him and heaving him forward round the waist, as in photo 2. The effect of this, as partly illustrated in the cut, will be to tip the under man over on his left side, with his own left arm pinioned under him. You must notice that to accomplish this it is necessary to heave or drag the under man *forward* as well as side-

ways. Having pinioned his opponent's arm under him, the upper man will next dig away at the pinioned arm until he gets a hold on it, something like that shown in photo 3. The upper man has hold of the pinioned arm of his antagonist with his left hand from the left, with his right he has hold of the same pinioned arm from around the other side. The purpose of the



PHOTO. V.



PHOTO. VI.

upper man is to pull the pinioned arm out from under his opponent's body, and twist it up his back as in photo 1. In photo 3 the upper man has moved his body to one side for the purpose of showing plainly in the photograph the position of the arms. In actual wrestling the upper man would have his whole weight on his opponent to hold him closely down, and there would be no way to show the position of the hands and arms, for they would be all covered up.

Next, the upper man will suddenly remove his right hand from around his opponent's body and take hold of the pinioned arm from the left with both hands, as in photo 4, at the same time leaning his whole weight on the under man to hold him down. The upper man will then pull with all his might on the pinioned arm of his an-

tagonist, sometimes jerking, sometimes prying and twisting, using means he can to pull the arm or twist it up his opponent's back.

Now let us consider the hammer-lock from the standpoint of the defense. Wrestlers have many different ways of defense against this celestial lock, but all these methods have the same underlying principle, viz., let your opponent get started upon your arm. In the position shown in photo 4 the upper man is sure to cure the hammer-lock eventually if his strength is anywhere near equal to that of his opponent. Now let us suppose that after being heaved forward as in photo 2, the under man scrambles immediately up to his knees against the position of photo 5. Notice the under man is pulling forward to the left to release his arm.

man has the same grip on the man as shown in photo 3. In position (photo 5) the upper man's hands will be sufficient to hold the man's arm. The right arm of under man is, however, around his opponent's waist, and is not in a position to help pull his opponent's arm and twist it around his back. To hammer-lock the upper man suddenly change his right arm around the waist to the same side left hand. At just this moment; the upper man has but one hand on his opponent's pinioned arm, the man will jerk the arm out free, 6. Before attempting to remove right arm to join forces with the upper man will try to forestall attempt of the under man to jerk his arm, by throwing his whole weight on the under man and working hard on him so as to block the arm. Some wrestlers advise the under

man, after the heave shown in photo 2, to rise on his feet if he can, and break free entirely. This is all right sometimes, but you run a risk of being caught with some sort of a body heave about the time you get on your feet, and getting a heavy fall. I think the best way is to get up on your knees as described, and watch your chance to jerk your arm free.

The method of attack to gain a hammer-lock when your opponent's near arm is straight, using your head as a fulcrum, seize him by the waist and pull his arm back, at the same time heaving him forward around the body with your right, continue and twist his arm up your back.

In friendly wrestling when the hammer-lock is secured it should be at once released.

In three succeeding articles of this series I will take up the subject of Catch-as-catch-can wrestling.

NEW ENGLAND MANUFACTURING TOWN'S LARGE FEMALE ATHLETIC CLUB.

BY C. GILBERT PERCIVAL, M.D.

the little town of Haverhill, Mass., is the only woman's athletic club in New England.

The club is barely a year old, but it has its rooms and has one hundred forty-two active members.

The success of the club is due to the fact that it takes in women from all walks of life, in fact any one who can pay the small membership fee of \$5 a year, and is approved of by

the board of directors. Among the active members who take part in all branches of gymnastic work are the wives and daughters of Haverhill's leading clergymen, doctors, lawyers and merchants as well as those of more humble occupation. Thirty-five of the members are married women who do regular work in classes of physical culture and exciting games of basket-ball. Two of the women phy-

sicians of the city are members, while school teachers seem to be especially attracted to it, as there are no less than a baker's dozen of them who attend the club regularly. Bookkeepers, stenographers, telephone girls, clerks and nurses also find enjoyable recreation at the gymnasium after a hard day spent over the desk, counter or in the ward. In fact the latter classes are the club's most active members, and most earnest supporters, as they have already begun to realize the benefit they have derived from the exercises as regards both the mind and body.

The Haverhill Woman's Athletic Club was started only last February by several of the city's prominent women, who realized the benefit that could be obtained from such a club. Before April it had seventy members, and was able to hire the quarters that was formerly the gymnasium of the Young Men's Christian Association on Main Street. A woman athletic instructor was at once hired, and the club rooms were kept open all last summer. This September the club began to grow again, and it now has 142 active members, 14 honorary members, and six sustaining members.

The club is not one of those organizations that exist for the sake of members coming together for a couple of hours two or three times a month. It is open to members all the time, and on Monday and Tuesday evenings as well as Tuesday morning and afternoon of each week, it has classes in physical culture and esthetic dancing under competent instruction.

In order that the members of the club who labor daytimes may have an equal chance with their sisters of lei-

sure, the evening classes in physical culture and dancing accommodate the girls who are employed during the day. The Tuesday morning class is for women of more leisure, and the Tuesday afternoon class is for school children, not a few of whom are daughters of the morning pupils.

The club's instructor is Miss Edith Manship, a Boston girl, and one of the brightest and most capable teachers of physical culture that the Boston normal school of gymnastics has ever turned out. In order that there may be no case of strain against the club's fair record of helpfulness, all women who undertake the work in the physical culture class go through a physical examination similar to that made in colleges and high schools. So far the results of the exercise have been wholly beneficial.

At the annual meeting recently held for the electing of officers for the ensuing year the following officers were elected: Dr. Alice G. Symonds, one of the prominent woman doctors of Haverhill, and one of the first members of the club, was elected president; Miss Laura A. Knott, the principal of Bradford Academy, first vice-president; Mrs. Dora M. Goodwin, a well-known club woman, and society editor of the *Haverhill Gazette*, second vice-president; Miss Helen Durgin, secretary; Miss Blanch Miller, a teacher in the Haverhill grammar school, assistant secretary; Miss Mabel Colby, a well-known club woman and treasurer of the young Women's Building Association, treasurer; Mrs. M. W. Hanscom, auditor; Dr. Frances G. Lamb, medical examiner. The board of directors is comprised of Mrs. Charles

gan, wife of the pastor of the Baptist Church, Mrs. George M. Mrs. Asher Arnold, and Miss Otis.

Fanny Haves is chairman of membership Committee, Miss Barnes of the Rooms Com- and Miss Gertrude Simonds of

the entertainment and rentals. All these women work together in perfect harmony, and with great enthusiasm for the advancement of the club's interest, and they hope one of these days to have a building of their own in which to live a club life.

THE CARE OF THE TEETH.

BY WILLIAM S. BIRGE, M.D.

There are something more than fifty thousand dentists in the United States, according to recent statistics, and they do a very good business. Why this is so might be a subject for query, were it not a well known fact that as a people our system of diet is just about as it can be, and lacks the essentials for making up healthy flesh and bone, and keeping the frame and body in proper repair.

A prominent authority on teeth says that if the mouth were thoroughly washed out at night, and the teeth brushed with very fine precipitated tooth-powder just before retiring, there would be but one case of decayed teeth and sore gums where now there are thousands. A preventative and remedy as simple and cheaply obtained as this should be on the toilet-table of every family in the land. There is nothing so simple as an ordinary mouth-wash of decoction of myrrh. A few drops in a glass of water is a most efficient dentrifice, and is also of great value in the various maladies of the mouth is heir to, and these are very common although for the most part they are very serious, at least to the ex-

tent of fatal consequences. But those who have had experience need not be told that there is an amount of dull aggravation in irritations of this sort that will eventually disturb and distract the steadiest nervous system that ever was vouchsafed to humanity.

Toothache and temper are intimately associated, and while, as a general thing, one should be expected to rise above such miseries, there comes a time when even though the spirit is willing the flesh is too weak to combat a long continued wear and tear. One of the best tooth-powders, if one is careful in its use, is very fine charcoal. If properly prepared it is so fine that it does not injure the enamel, and is antiseptic and alkaline—a combination that is usually much to be desired.

Most people do not realize the importance of taking proper care of the teeth, at least they do not realize it until it is too late to repair the damage. One of the very best articles for the toilet-table, if very carefully and intelligently used, is diluted sulphurous acid. It should be prepared in the proportion of about ten drops of acid to two-thirds of a tumbler of water.

When one awakens in the morning with a horrible taste in the mouth and a feeling of dullness and general discomfort, a thorough rinsing of the mouth and throat with this preparation is of the greatest value. If a few drops are swallowed it does not harm, but, of all things, make a complete cleansing of the mouth, teeth and throat in all the corners and crevices. It removes the adhesive secretion which will sometimes come away in great sheets. Immediately afterward brush the teeth with Castile soap in abundance. This corrects any acidity that may remain about the roots of the teeth, and puts the mouth in fine condition for breakfast. Few people seem to realize that this unpleasant state of the mouth is something that

should be removed and not allow go into the stomach. An enormous amount of dyspepsia and distemperments in the digestive apparatus are chargeable directly to food lodged between the teeth and degenerating all sorts of evil conditions.

There are people in the world if they waken in the night with disagreeable sensation of stuffiness sort to the tooth brush and antiseptic followed by a washing out with tile soap and a rubbing with cloth and retire, serene in the consciousness that they have probably removed millions of bacteria from their mouth that otherwise would have found their way to the digestive apparatus, to produce untold miseries and discomforts.

FRUIT AS A MEDICINE.

Much has been written during the past few years of the dietetic value of fruits and the attention of the public cannot too frequently be drawn to this universally recognized fact.

At this season of the year, when one is yearning for summer fruits, most of which have remarkably efficacious medicinal properties, the tendency leans towards those containing natural acids, such as the lemon and lime. We wish to speak more particularly of the lime, which is considered, from a medical and scientific standpoint, to possess more valuable properties than the lemon, and contains a higher percentage of citricity, combined with the priceless properties in its solids which form an excellent non-alcoholic stimu-

lant to the liver, directing the bile into its proper channel, clearing the system and is a natural brain food, producing healthy sleep. Chronic dyspepsia know the value of lime juice, many sufferers have been enabled by its use to freely partake of their morning coffee without inconvenience and the feeling of dizziness so often produced through the liberal use of palatable beverage. It is a remarkable fact that you are fairly safe in eating in moderation, anything that comes along without inconvenience if you get into the habit of taking half a glass of lime juice in water half an hour before breakfast each morning. Some prefer to add sugar, but the temperate generally drinks it in the pure

tion of one ounce lime juice to four ounces of water without sweetening. Cases of obstinate constipation and rheumatism may be eradicated, and uric acid eliminated from the system by the judicious use of lime juice. Care should be taken as to the selection of lime juice, there being much offered for sale which would not bear close inspection. The golden yellow juice, brilliant in appearance, is the best; if of reddish color, it is not fit for consumption, indicating decomposition. The finest lime gardens in the world (see *The Century*, May, 1904) are on the little Island of "Montserrat" in the British West Indies, where the limes are carefully cultivated, and pressed for bottling, none being pressed except those which are in a perfect condition of ripeness, ensuring absolutely sound and ripe fruit. Much lime juice consumed, is pressed in the winter from fruit in all conditions, the limes being frequently green and bruised, conse-

quently unwholesome, and the juice pressed from such fruit will generally produce griping.

As a beverage and thirst quencher, lime juice is more satisfactory than most fruits; it may be used in a variety of drinks, combined with kola and flavors of all kinds. It always leaves a clean taste in the mouth, while many of the sweetened drinks, and creams, seem to produce more thirst and leave a thick taste behind.

Lime juice is carried by all ships making long voyages, and a small portion served out every day to each sailor as a preventative of scurvy, and to keep the men in perfect condition, therefore too much publicity cannot be given to this excellent fruit juice, from a scientific standpoint, and we regret that so few people are familiar with its use. There is an old adage going the rounds in the West Indies, something like this—"Drink the juice of a lime before breakfast, and the doctor will have to beg his bread."

A RECENT COURT DECISION.

(From *Thought*, March, 1905.)

Not least among the many straws indicating the direction of the wind of public sentiment is a recent decision of the Federal Supreme Court involving the right to advertise and practise psychic treatment, even the much-derided absent treatment first introduced by Christian Scientists.

In rendering the decision Judge Peckham said: "There can be no doubt that the influence of the mind upon the physical condition of the body is very powerful. * * * Just to what extent the men-

tal conditions affect the body no one can accurately say. * * * How can any one lay down the limit and say beyond that there is fraud and pretense?"

Gradually mental medicine is working itself to the front and the day is not distant when many of its opponents will become its enthusiastic supporters.

Is there good reason for a rational person being denied the liberty to treat disease with any remedies that may commend themselves to his choice, if he can find willing patients, whether such rem-

edies be derived from the juices of plants, from bacterial inoculation, from chemical synthesis, from variously modified animal fluids and organs, from assumed divine interposition or from the imponderable, though potent, action of mind on mind? People usually choose their physicians, as they do their husbands and wives, because of whims rather than from logical convictions; and they ought not to have the right to do so taken from them.

Moreover, medicine and theology are closely related, and the state should not attempt to bolster up any theories or practices of either. To be sure, civil laws ought to insist on defining and interdicting immorality and injustice, and they should likewise forbid acts which may unnecessarily jeopardize human life, for both these are essential to maintenance of the social order. But a particular method of treating disease should not be stigmatized as peculiarly hazardous on the mere dictum of a rival, no matter how aged and experienced that rival may be. To be controlled by an illiberal spirit is seriously to handicap improvement. Until such time as orthodox medicine is capable of curing at least a fair percentage of cases that, without treatment, would proceed to a fatal termination, new methods of treatment will be arising, and in the interest of humanity they ought to be encouraged. Both legislators and physicians are often poor judges of the value of new medical ideas—the former from lack of special knowledge and the latter because of strong bias.

The people have a right to their own opinions and practices. One of the greatest perils to our present form of government is found in a tendency to closer restrictions of individual rights. We are in danger of overlegislating. Our statute volumes are loading bookshelves to the breaking point. The very intolerance from which our progenitors sought escape among the wild animals and wilder redmen of our forests is rearing its hated form in our midst and by our own sanction. It is time to call a halt, and our judiciary are to be congratulated in the people's name when they give a liberal interpretation of a citizen's rights.

As a people we should beware lest we be found fighting against Truth, for Truth is God and cannot be subdued.

NOTE.—There are few intelligent, fair-minded people who will not heartily indorse the utterances of Judge Peckham, in rendering the decision referred to above. While we strictly maintain that the practice of the healing art should be safeguarded from charlatanry, yet the inalienable right of every person to decide for him or herself, how or by whom they shall be treated in the event of sickness, should be no less scrupulously regarded. What we need is a liberal interpretation of the law—its spirit, not the mere letter; and it is gratifying to note that, at least, one member of the Federal Supreme Court recognizes that fact. With more men like Judge Peckham on the bench, the rights of the people will become more secure.—ED.

The Prussian Minister of Public Instruction has issued a circular to the provincial school boards and the federal governments in the German Em-

pire requesting them to prohibit the wearing of corsets by the pupils of girls' schools and colleges.



CONDUCTED BY HARRIET HEMIUP VAN CLEVE.

AUGUST.

bearing hence thy roses,
summer, fare thee well!
singing thy last melodies
thy wood and dell.

President Roosevelt, in his address to the National Congress of at Washington, said so many inspiring and encouraging words to women, especially mothers, possible it only made us prouder

to have such a man at the head of our nation, one of such lofty position in all the honors heaped upon him, still turns to the home and looks upon it as the safeguard of the future. As the president tells the old mothers he tells the old fathers that which will never grow old nor fade. How much we may progress, but the home is the highest and noblest. He says: "No ordinary work of a man is either as hard or as noble as the work of a woman in bringing up a small family of children. For upon her time and strength demands are made not only during the day, but often every night; she may have to get up after night to take care of a child, and yet must by day continue to do all her household duties as if the family means are scant

she must usually enjoy even her rare holidays taking her whole brood of children with her.

"The birth pangs make all men the debtors of all women. Above all, our sympathy and regard are due to the struggling wives among those whom Abraham Lincoln called the plain people, and whom he so loved and trusted; for the lives of these women are often led on the lonely heights of quiet self-heroism.

"A mother's work is never ending. No mother has an easy time, and most mothers have a very hard time, and yet what true mother would barter her experience of joy and sorrow in exchange for a life of cold selfishness.

"Into the mother's keeping is committed the destiny of the generations to come after us. In bringing up your children you mothers must remember that while it is essential to be loving and tender, it is no less essential to be wise and firm. Teach boys and girls alike that they are not to look forward to lives spent in avoiding difficulties, but lives spent in overcoming difficulties. Teach them that work, for themselves and also for others, is not a curse but a blessing; seek to make them happy, to make them enjoy life, but also seek to make them face

life with the steadfast resolution to wrest success from labor and adversity, and to do their whole duty before God and to man. Surely she who can thus train her sons and her daughters is thrice fortunate and blessed among women."

"The very name of mother stands for loving unselfishness and self-abnegation, and is fraught with associations which render it holy.

"The task of almost every mother is not easy, but when she has done it and looks back over a life of loving unselfishness and self-abnegation there shall come to her the highest and holiest joy known to mankind, and having done it, she shall have the reward prophesied in the Scripture; for her husband, her children, and all people who realize that her work lies at the foundation of all national happiness and greatness, shall rise up and call her blessed."

Not long ago I met a mother who told me this little experience out of her own life. She was an ideal mother, and day by day I learned to admire this wise, tender, loving woman, who guided so wisely and so well her beautiful family of fine children. Making them a joy to all with whom they came in contact. One day one of her boys, who was eight years old, announced to his mother that he intended to run away. He had been punished and felt sullen and unhappy. The wise mother did not hold out any threat of bread and water, or the promise of any kind of punishment. She calmly asked the boy where he wanted to go, and when he showed in-

decision she suggested a neighborhood as a good place for the first time. Then she packed up a few clothes, put up a dainty luncheon after everything was ready, she said, "I am so sorry you want to leave, we shall miss you very much, of course if you don't like it here you want to run away you can do as you please, but I cannot bear to have you unhappy. No matter how sad it makes me, you are happier away you must go." The boy wavered for a moment, then he went to the front door. There he hesitated longer, but shut his grim little face and started out. His mother saw the door close behind him. Her heart ached. Would he come back? No, he? She went to the window. When he had reached the front gate, his hand was on the latch. He started. The moments were like a thousand years to the mother. He pulled the gate open, he put one foot past the line that marked the limits of his little world, then all in an instant he dropped his bundle, rushed back to the house and fell sobbing into his mother's arms.

He had had his lesson. He never spoke of running away again.

USEFUL HINTS.

It is difficult to keep brass and copper per, especially in the summer, and fresh looking; after polish they are painted with the white egg they will keep from tarnishing some time. Beat the white of egg fairly stiff. This makes a light polish.

To brighten oilcloth or linoleum wipe with a cloth wet with kero-

our enamelled ware with pumice stone.

White cotton crêpe makes pretty pleasurable window draperies for summer cottages. They can be hemmed and trimmed with ball fringe.

Now that jelly-making time is at hand, attention is called to the new useful strainer on the market. It has a galvanized iron frame with nickel plating to hold the bag, and an automatic weight squeezer, and the result is pure juice, which nevertheless is as clear as crystal.—*Good Housekeeping*.

Needles are stuck in a piece of flannel while at the sea shore and will not rust.

Raspberries should not be put in the refrigerator, as they will mold very rapidly. They should be kept where the air can circulate through the box.

A bag of balsam pine laid among the cushions and pillow cases gives them a fragrant odor.

Green peas are easily prepared, and better than canned ones, and last longer around.

In making drawn work the threads run more easily if the material is rubbed with a little good white soap.

RECIPES.

A cottage Love may dwell;
 But cottages cost money;
 Love grows lean unless he's fed
 With potatoes, meat and bread,
 As well as flowers and honey.

In making preserves the following are excellent rules to observe: First, the fruit must be gathered dry. It must be carefully stirred with a wooden spoon to prevent burning. It must be slowly boiled before adding sugar, and boiled quickly afterward. It must be kept in a dry airy place when put away.

PRESSED MEATS.

Mince any cold cooked meat, add one teaspoonful grated onion, one tablespoonful minced parsley, one teaspoonful curry powder, one teaspoonful horseradish, two tablespoonfuls melted butter, and enough hot water to just moisten, not wet, pack in dish and set on ice. When ready to serve, run a broad bladed knife between meat and bowl and it will slip out.

ESCALLOPED CELERY AND EGGS.

Scrape, wash and cut in inch lengths two heads of well-blanchéd celery. Cook in boiling salted water for half an hour, or until tender. Hard-boil five eggs. Remove the shells and slice. Make a white sauce with two cups of milk, two tablespoonfuls of butter, one-half teaspoonful of salt, and a dash of pepper. Place the celery, cream sauce and sliced eggs in layers in a buttered fireproof serving dish, having the last layer of sauce, cover the top with bread crumbs, and bake twenty minutes in a moderate oven.

CAFÉ FRAPPÉ.

Mix a quart of black coffee with a quart of cream and a cupful of sugar, or better, sweeten with syrup. Freeze the same as ice cream, and serve in glasses.

MOUSSES.

Whip a pint of cream very stiff; turn it into a sieve to drain for a few minutes so it will be entirely dry. Return it to the bowl and whip into it lightly four tablespoonfuls of powdered sugar, and a tablespoonful of black coffee, or a teaspoonful of any flavoring extract, or an ounce of chocolate, melted and diluted with a little milk or cream, and flavor with a few drops of vanilla. Turn the cream into a mold and pack it in ice and salt for four hours.

"Blessed is he who has found his work." —*Carlisle*.

CORN PUDDING.

Scrape a dozen ears of full grown corn by slitting each row of kernels with a sharp knife, and then with the back of the knife scraping all the soft part out, leaving the empty hull on the cob. Add a pint of milk, a cup of sugar, a teaspoonful of salt, and a tablespoonful of melted butter. Bake three hours in a moderate oven. This dish may be prepared in the winter from canned corn. It can be served as a vegetable by leaving out the sugar.

CONCERNING WOMEN.

She loved her home, no place more dear;
Yet home-love gave her power to see
The world-wide woes in human lives
That toil and groan and are not free.

Recently there was held in Calcutta a congress of women. The title of the assembly was the "Bharat Mahila

Somaj." A few European women with the Hindu, Mahrati, Parsee Mohammedan ladies, and the discussions were carried on in three guages.

Miss Ida Ryan, of the graduate class of the Massachusetts Institute of Technology, has won the first prize given by the Boston Society of Architects for the best architectural design submitted by a graduate.

Serene and content Mrs. Julia Howe quietly celebrated her sixtieth birthday in her Beacon Street home with her children and grandchildren. Mrs. Howe is in good health and spirits. Her birthday week a busy one. She entertained on Wednesday evening a large club, and chosen its President, on Thursday attended the funeral of her best friend, Mary A. Livermore, on Friday she delivered a forcible address "The Revival of Morality," before the Free Religions Association. She has written much of late. The *Christian Endeavor World* contains a long article from her pen, and the Boston *Transcript* a worthy tribute to Mrs. Livermore. May all the readers of these columns be as long and be as young as my friend Howe.

"Had every tongue been hushed with its first falsehood many a truth had never been uttered. Had every step been repressed with its stumble, man would still be crawling on his hands and knees. Had every endeavor been stopped with its failure the world would have made no progress."



QUESTION.—I wish you would please give me some information concerning my back. I am 28 years old, and have a pain in my back, which continues for days at a time. I have had this some years; but I think it is getting worse. I catch cold very easily, and the cold seems to settle in my back. I have a cough, and am healthy in other respects. Am married, sober, and take good care of myself. Your reply will be greatly appreciated. Yours respectfully, W. A. Koester, Greenock,

ANSWER.—A little more information concerning your occupation, etc., would have been of assistance in arriving at a conclusion.

In view of your age, it may be that marital excesses are responsible for the trouble; but you will be the judge of that. Leaving that out of the question, the trouble would seem to be of rheumatic origin, in which case, we should expect to learn that you were of a constipated habit.

It is a prime factor in rheumatic troubles, owing to the re-absorption of uric acid into the circulation, which, by retarding the circulation, predisposes the subject to colds. On this hypothesis we would advise you to thoroughly cleanse the system by taking enemata taken daily for a week, and after that gradually reduce the frequency. Practise a systematic system of physical exercises, taking care not to overdo them; but at the same time, gradually increasing their

Spend all the time you can in

the open air, and diligently practise deep breathing. We feel convinced that the above suggestions, if faithfully practised, will solve the difficulty.

QUESTION.—What would you advise me to wear as a chest protector? I feel the need of one, but do not know the best material to make it of. I am troubled also with a pain across the region of the lungs, and have had hypophosphites advised to remedy it. Kindly give me your advice on these two points, and oblige, Yours, Edgar Northrup, Waco, Texas.

ANSWER.—In reply to your first question will say that in our opinion so-called "chest-protectors" cause more trouble than they cure, and render the chest more delicate. A more simple plan is to bathe the throat and chest every morning with strong salt water (almost brine), commencing with the water tepid, and gradually reducing the temperature until you can use the water absolutely cold, without discomfort. This will have the effect of hardening the tissues so that they will no longer be susceptible to changes of temperature. To your second question we beg to say that we are unalterably opposed to the use of drugs, especially in such a case. In the first place, the trouble may not be pulmonary, but muscular; but if it is in the lungs, deterioration has evidently commenced, and nothing will avert it but nature's own remedy—oxygen; therefore, persistent deep

breathing offers the rational indicated remedy. This, combined with the inhaling of beechwood creosote, will effectually meet the case.

QUESTION.—Allow me to state to you a peculiar condition, and ask your valuable advice upon it. I have a most uncomfortable twitching sometimes in the back of my leg, immediately above the ankles, which I find it impossible to control, no matter how hard I try. I consider myself in fairly good health, otherwise. If you will tell me the trouble, and how to get rid of it, you will confer a great favor on yours truly, Richard K. Armstrong, Woonsocket, R. I.

ANSWER.—The trouble described is evidently a case of what is known as subsultus. It is generally indicative of extreme debility, and is common in low fevers and other debilitating diseases. When found in persons of otherwise good health, it points to some obstruction in the depurating organs, either the skin or bowels, or both. The means of cure are the daily bath, a diet of coarse plain food, and frequent copious cool injections.

QUESTION.—I am five feet eight inches tall, fairly well developed, and fond of outdoor exercise. But my

A curious point in Swedish criminal law is that confession is necessary before capital punishment can be carried out. If, however, the culprit persists in protesting his innocence in the face of overpowering evidence, the prison discipline is made extremely strict and severe until the desired confession is obtained.

breath is very short, even in my condition, yet I look the picture of health, they tell me. Do you think there is any trouble with the lungs, and if so, how can I find out? My stomach appears to be all right, but my throat is awful weak. Do you know of any exercise that will increase the size of the hands and feet? Dick Weaver, 27 Rathbone Street, Lancaster, Pa.

ANSWER.—After considering your statement, we conclude that the shortness of breath is rather due to lack of proper lung development, and your conclusion is strengthened by your statement that the throat is weak. Our advice is to practise deep breathing persistently, always inhaling through the nose slowly, and exhaling through the mouth rapidly. A good plan is to inhale in three sections, with a short pause between; but not allowing any air to escape. Another excellent thing is to bathe the throat and chest with salt water, as advised in the case of Edgar Northrup in our department. We do not know of any exercise for enlarging the hands and feet, but the hands may be strengthened by alternately contracting and relaxing the hands upon balls of feet held in them, and the feet by alternately raising the body upon the toes and lowering it.

One of the oldest and most curious samples of the locksmith's art is at the door of Temple Church, Fleet Street, London. The key weighs thirty pounds, is eighteen inches long, and like other keys, it was not made for the lock. On the contrary, the lock was made for it.

BOOK REVIEWS.

YE, EAR, NOSE AND THROAT NURSING.

By A. Edward Davis, A.M., M.D.

Professor of Diseases of the Eye in the New York Post Graduate Hospital, and Berman Douglas, M.D., Professor of Diseases of the Nose and Throat in the New York Post Graduate Medical School and Hospital. 32 illustrations. Extra cloth. Price, \$1.25 net. F. A. Davis Company, Publishers, 1914-16 Cherry Street, Philadelphia.

To the medical student, and to the nursing fraternity this book will prove of great help. Unfortunately, during the college course the student, while having the disease and its treatment pointed out, has little means of acquiring the knowledge that will enable him to give definite instructions, either to the nurse or patient for the post operation care of the case. Even the general practitioner will find the work exceedingly useful, since it enables him easily to acquire the needed information. The illustrations are exceedingly good, and will be found of great assistance. Practical, helpful works of this kind are always acceptable, for truth compels us to say, that a large proportion of similar works appear to aim more at displaying the author's knowledge of his subject

than a desire to impart that knowledge in a practical manner.

PRACTICAL PROBLEMS OF DIET AND NUTRITION.

By Max Einhorn, M.D., Professor of Medicine at the New York Post Graduate Medical School and Hospital, and Visiting Physician to the German Hospital, New York. New York: William Wood & Co. 1905. 64 pp. 12mo. Price, 75 cents.

This collection of papers, which have already appeared in periodicals, are now collected in book form, and will help to solve many of the difficulties met with by the physician. It is an established fact in therapeutics that food is either a poison or a medicine, according to the quantity and quality ingested: but from the scant attention paid to the matter by the average practitioner, they do not realize the truth of what they profess to believe. It is an unquestionable fact that a large proportion of the troubles that afflict humanity can be successfully treated by dietary methods alone, and it would be an excellent thing for humanity if every physician was compelled to pass an examination in dietetics, and the preparation of foods. The value of such books as the one under consideration can scarcely be estimated.

The biggest cannon ball ever made weighed 2,600 pounds, and was manufactured at the Krupp Works, Essen, for the government of the Czar. The gun from which this projectile was

fired is also the largest in the world, and is placed in the fortifications of Cronstadt. This gun has a range of twelve miles, and it is estimated that each shot costs £300.

PUBLISHER'S DEPARTMENT.

"HEALTH CHAT."

By THE MANAGER.



my private office and tell them about the good things that are to come.

In looking over the subscription books, I find that a great many of you have been constant readers for ten years—even fifteen years. If I could go back still further in our records, I should probably find that thousands of you have been with us even longer.

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I shall not take the space in this announcement to go into the matter in detail. I have just finished an elaborate book entitled

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HYGIENE IN LAUGHTER

A man to whom illness was chronic.

When told that he needed a tonic,

Said, "Oh, doctor, dear,

Won't you please make it beer?"

"No, no," said the doc., "that's Teu-
tonic."
—*Princeton Tiger*.

"I want to get copies of your paper
for a week back," said the old gentle-
man.

"Don't you think you'd better use a
porous plaster?" suggested the new clerk
in the publication office.—*Chicago Med.
Rec.*

One night, soon after the opening
of the fall term, a little boy came home
and gave his father the following note,
duly signed by the principal:

"Mr. ——. Dear Sir: It becomes my
duty to inform you that your son
shows decided indications of astig-
matism, and his case is one that should
be attended to without delay."

The next day the father sent the fol-
lowing answer:

"Dear Sir: Whip it out of him.
Yours truly, "——."

"Do you expect your son to take
the full college course?"

"No. He's going in for football,
cane rushing, golf, rowing and per-
haps basel-all; but he has made up his
mind to cut out the hammer throw-
ing."—*Chicago Record-Herald*.

Napoleon sat inadvertently upon a
smoking cannon, and scorched the seat
of his white trousers.

"I cannot turn back now," he mut-
tered to an aide, as he hastily dis-
mounted. "I have burned my
britches behind me!"

This historic expression has been
grossly corrupted by later writers.—
Cleveland Leader.

In a little town in Nova Scotia are
two churches situated in the two divi-
sions of the village, locally designated
as the "North End" and "South End."
At a Sunday morning service the
officiating clergyman read the follow-
ing notice: "There will be preaching
at 11 o'clock next Sunday morning in
the church at the North End, and at 4
o'clock in the afternoon at the South
End. Infants will be baptized at both
ends."—*New York Times*.

"Well," said the doctor, "how do
you feel to-day?"

"Oh, doctor," replied the patient,
wearily, "I am suffering the torments
of the damned."

"What! already?" inquired the doc-
tor, pleasantly.—*Medical Standard*.

Doctor—"Your case is serious. You
are going the pace that kills."

Patient—"Well, what shall I do?"

Doctor—"You must sell your auto-
mobile."

CONTRIBUTED ARTICLES

APPENDICITIS.

By G. H. CORSAN.

uch has been written about inflammation of the vermiform appendix almost hesitate to name the but I promise you something new—something that has never existed. Like most other diseases, appendicitis is not caused by improper diet. Look at the appendix—it is a cul-de-sac—the cæcum, is the end of the small intestine. Now, by the time food has arrived here every particle of nourishment is supposed to have been extracted by the villi of the small intestine. This is normal. But now—people eat enough nourishment to keep an elephant with force sufficient to carry on the day's work. What is the result? Only a few blocks and they take a street car ride. A couple of stories to go up and take the elevator. Result—food is required to replace worn-out muscle tissue because the tissues are exercised. But nevertheless, we eat a great quantity of heavy nourishment because the idiotic medical profession has taught us that eating, and exercise, strengthens us! A further reason is, that we eat beans and eat only a very hard-working

horse requires! We eat white bread because the doctors say that there is more concentrated nourishment than there is in whole wheat bread! Every vegetable we eat we pour large quantities of boiled milk and white flour with it in order to balance it, we say! The vegetables are too watery and weak so we flavor them with salt in order to goad us to eat much more! Well, the food gets into the stomach, and the stomach draws what proteid matter that the system requires from it, and the rest is passed on into the small intestines, where the absorbent system is busy attending to the starches, etc., and the probability is that there is enough sugar and oily matter to supply the system's wants, and the starch is not converted, but is passed on into the large intestine, where it sticks and blocks the way. In the course of time the colon becomes blocked, and the undigested beans, peas, artichokes, cabbage, etc., ferment in the cæcum, and the very minute opening of the vermiform is blown open like a boy blows a small balloon. The vermiform is thus gradually enlarged, and fecal matter is forced into the blind opening, and there being no exit it naturally sets up

an irritation and inflames that membrane which results or ends in abscess.

Now look at the causes again. The first is inactivity. You ride a street car instead of a bicycle, now the muscular exertion of biking is an excellent preventive of bowel inactivity. You elevate upstairs! Why the thigh action of going up two steps at a time is the very thing you need to prevent stagnation of matter in the cæcum. Then again you probably sit on the seat at stool, now this is a very dirty, unclean habit, and causes imperfect evacuation—always crouch. Sometimes you probably put off the event—my! but that is a filthy habit! You well deserve to get appendicitis. Then the crazy idea of being constantly afraid of undersupplying the system with nourishment, and eating just because it is meal time, and not because you are hungry, and if you are not hungry you take some abominable irritating appetizer in order to goad yourself to eat some substantial food! cake for instance, rice pudding, custard pie, roast beef, steak, fish for the brain! Then after a while you feel a cutting pain in the lower right abdominal region just below the liver. This is generally after years of constipation. Probably you have removed constipation by means of purgatives which forces the fecal matter violently against the cæcum, and into the vermiform. But what caps the climax and puzzles me is that you are surprised when you get it. Now, that you have got it be cheerful and take an internal bath often, and do not eat anything for a week or two except it be fruit juice.

You need not be afraid of dying for want of strength, for the body is composed of more than 80 per cent. of fluid, and fruit juices will make much better blood than milk, eggs, meat and other boil-producing products.

To prevent appendicitis—take the very opposite advice that the medical profession give you. Don't be afraid to eat the seeds of fruits, for the stomach requires comfortable distension, and seeds are harmless, and are nature's laxative. Indulge in violent exercise, and shake yourself up vigorously now and then, say a game of "French" sea, jumping, horseback riding, always rush upstairs two and three steps at a time. Don't be so careful and gentle, but ward off old age and appendicitis by drain digging, carpentering, wrestling, lawn tennis, etc., according to your age and sex. Horseback riders and tumblers never have appendicitis. But those who indulge in made dishes, artificial foods, and late banquets, and then a heavy sleep after may expect appendicitis—the modern bug-a-boo of the wickedly idle.

In closing, I might say that it is a bad habit to sleep after eating, it is much better to sit and talk or take a slow walk, or do light chores, but absolute rest retards rather than aids the churning movement. Then I am not in accord with the vegetarian idea that meat is the cause of appendicitis, while I do not believe that meat can be turned into either pure blood or pure thoughts, I do not blame it for causing appendicitis.

THE RETURN OF LAWN TENNIS.

BY M. W. HARVEY.

Thanks to the very general spread of interest in out-door life, the excellent game of lawn tennis—long neglected—is coming into its own again.

In truth, the return of tennis might almost be called a "revival," for, in common with all returned fashions, whether of dresses or sports, the restored game has brought with it certain changes and improvements which were lacking in the lawn tennis we knew fifteen years ago.

For one thing, the game has grown faster and more scientific. It is no longer a form of energetic croquet. Girls no longer play the game in tight skirts and high-heeled shoes, neither do they tie pretty pink streamers of ribbon on the handles of their tennis rackets. The lawn tennis of to-day partakes truly of the strenuous life.

All this promises well for those who are interested in the preservation of their bodily health and activity, for the lawn tennis of to-day is a game well worthy of the attention both of the robust and of those whose chests and "wind" are defective.

Of all the games that are open to those in search of health, there is none that offers more than tennis. A lawn tennis court can be easily and inexpensively constructed and the outfit needed for the game requires little expenditure of money. The devotee of golf must expend from fifteen to twenty-five dollars for his outfit, while the beginner in lawn tennis needs nothing but a racket that can be bought for two dollars.

A welcome sign of the times, too, is that makers of tennis rackets are keeping prices down and the quality up. Better rackets can be bought to-day for a dollar than could be purchased for five dollars a few years ago. In the better grades, the American rackets are the peers of the best of the imported brands, while even in the cheaper sort there is symmetry and good balance.

A few years ago, a lawn tennis court was almost a curiosity and bade fair to be relegated to the ranks of the roller-skating rinks. Nowadays, both grass and dirt courts are plentiful in both town and suburbs and the "neighborhood" court can be found on every other street.

Considering all these facilities there is really no reason why the seeker for health should be debarred from playing tennis. It has already been suggested that the game is especially suited for those who need chest development, but as a matter of fact it is equally valuable to those who are getting too stout and inactive. In the early morning, or in the long summer evenings, there is no more healthy amusement to be found than an hour's lively game at tennis. Age need be no bar and condition—if activity of any kind is possible—offer no obstacle.

If you are not already a tennis player, make up your mind that you will learn the game. Join one of the "neighborhood" courts—if you are a stranger. ~~an~~ advertisement in your local newspaper will bring you replies from their secretaries—or if there is no court in your



THE BACKHAND STROKE.

vicinity, rent a vacant lot and make a tennis court for yourself, your family and friends.

No special skill is needed for the construction of a tennis court. It is merely a matter of work and intelligence. In choosing the ground, try to obtain a lot that will permit you to lay out your court north and south, rather than east and west. If you lay out your court east and west, one or the other of the players will have the sun in his eyes.

Having secured your ground, proceed to mark out the dimensions of the court and then, if you can, allow a space of at least five yards outside the court lines.

While it is possible to play the game in less space there is really little satisfaction to be had out of a court that permits no room behind the back lines. The fast game now played forces the player to stand well back to receive the service, and, consequently, only a slow "lob" game can be played on a contracted court.

When the ground is marked out, proceed to level off all inequalities and fill up any holes that may exist. If you are lucky enough to secure a good level piece of turf, too much care cannot be given to it, but if you have rented merely the average vacant lot, it is best to de-



IS THAT ALL RIGHT?

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the space thus excavated
be roughly levelled.

ag been done, the entire bot-
xcavation should be covered
1 of six inches with broken
shed rocks. This is for drain-

age. Over the rocks place a layer of coarse gravel, then a layer of finer gravel, then a layer of sand, and finally a top dressing of sifted earth.

As each layer is placed, it should be thoroughly rolled and watered. Everything possible should be done to amalgamate and compact the mass. Cinders and clinkers form the most desirable materials for the construction of tennis courts, but when these cannot be secured in sufficient quantities, gravel furnishes a good substitute.

The principal enemy of the dirt tennis court is the earthworm, and he will be held entirely in check if cinders are used. Even on a dirt court these pests can be controlled by giving the court a top dressing of crude coal-oil. This is also a good liquid to use to compact gravel courts, providing its odor is not found too objectionable.

When giving the court its final dress-



SERVING OVERHAND WITH A CUT.



A QUICK SHOT ACROSS THE COURT.

ing, try to give its surface a very gentle slope from the net to the base line, on each side. By doing this rain water will not gather in puddles, close to the net, as it is sure to do if the court is made perfectly level. Care must be taken not to make this slope too pronounced, for there is nothing so aggravating or tiring as an "up-hill" tennis court.

During the process of construction, it is a good idea to have two strong cedar posts set firmly and deep in the ground to support the net. An auger hole can be bored through each post at the proper height, and by means of a cleat screwed to each post the tension of the net can be regulated. A better plan, of course, is to fix a spindle, equipped with ratchet and pawl, in each post.

Five or six yards back from the base

lines of the court set up stop nets of galvanized wire netting. Make them at least twelve feet high and provide egress through them. This is best done by erecting the stop-nets in two sections, one a little in front of the other, slightly overlapping. However high you may build the nets, tennis balls will fly over, and it is a tiring job to walk after them.

Having constructed your court, get some one who "knows how" to teach the game. It is assumed that you have provided yourself with a racket, and heelless, rubber-soled shoes.

When you have mastered the general principles, start in by yourself to learn the art of "serving." Take out a dozen balls and your racket. Take position in the right court, near the

tre line, with your left foot inside the court and your right just outside it. Pick up two of the balls in your left hand. Toss one of the balls into the air, and, as it comes down, strike it with the racket held in your right hand in such a way that the ball flies over the net and falls in the inner left-hand court.

Do not try to acquire speed in the beginning. Content yourself with making sure that you can get the ball over the net and drop it in the proper court. Work

away steadily at this, crossing from one side of the net to the other as you use up your six balls. Remember that an "underhand" service is permissible, but that the "overhand" serve, with the racket used above the shoulder is faster and more efficient.

In the next article, the subjects of direction, speed and "cut" in serving the ball, will be discussed.

(To be continued.)

THE PRESERVATION OF HEALTH AND CURE OF DISEASE.

By ROBERT WALTER, M.D.

(Continued.)

THE TWO NECESSITIES.—The next important step in the development of the science that shall yield us this devoutly to be wished for consummation, is knowledge of the conditions that are necessary to bring into operation the power that does the work. Without the power nothing can be done; but power alone is utterly helpless. At least two things are necessary to the production of any result.

First, the power, and,

Second, the conditions for the operation of the power.

These, we have seen, are also properly called *causes* and *occasions*. A cause is "that by the power of which a thing is," while the occasion or condition is that which brings into operation the power. The cause which grinds our flour or makes our electric light or saws our lumber, is gravity in the water, but of what use would be the gravity without the water wheel and collateral machinery to utilize it. The power that runs the loco-

motive is the force of heat, which is due to combustion in the fire-box (chemical affinity), but without cylinder, wheels and varied other appliances there would be no forward movement. Just so in the functions of life, the power that carries forward all vital work, whether in health or disease is vital force; but food, and air, and water, as well as varied other conditions, are necessary to determine the kind or work that shall be done.

POWER DISTINGUISHED FROM CONDITIONS.—It is important, therefore, not only that we recognize the necessity of the two things—the power that works and the conditions under which it works,—but we must learn to distinguish carefully between them. And here is one of the greatest evils of modern science and modern philosophy, which is emphatically illustrated in medical practice. The habit of confounding *causes* with *occasions*, otherwise forces with conditions, is a common one, and constitutes the essential

basis of modern agnostic philosophy. The puerile dogma that because a thing is not observable, it, therefore, does not exist, or at least cannot be investigated, has been too generally accepted by modern writers. Comptism, which teaches that the scientist has nothing to do with causes, is not the sort of philosophy here inculcated. The very essence of Newtonian astronomy consists in a knowledge of the causes of astronomical motions, notwithstanding the fact that no man ever saw gravity, or any other real cause or force. The real cause of cure in any case of invalidism is invisible; it is the power in the man, and not in anything administered *to* him. And this truth no intelligence can dispute, though no man ever saw this cause or power of cure. We pull the trigger of a gun and a bear falls prey to our aim, but we surely know that it was not the trigger, nor our pressure upon it that killed the bear; it was instead the invisible force stored in the gunpowder, that did the execution, the movement of the trigger only liberating the force. Just so, a dose of medicine may once in ten thousand times liberate the power that cures the patient, and so become the occasion of his recovery, but unless the power of cure is first in the man, no medicine can get it out. And as the first important work of every huntsman is to load his gun and "keep his powder dry," so it is the physician's first duty to make sure that the power of cure is stored in the patient before he begins the work of calling it forth and expending it.

ERRORS and EVILS.—And right here lies the chief evil of medical practice and the source of its failures; physicians neglect the work of recuperating the patient's vitality because they have no deep convictions of its necessity. And even

worse, they almost invariably begin the process of exhausting his power through continual dosing which takes away from the patient just what it seems to give, as we soon shall see. Disease is itself the difficult (diseased) performance of the functions of life, due to deficiency of power as well as to unfavorable conditions. Of themselves these conditions seldom produce disease; the disease comes after the power has been so depleted that easy performance of function is impossible. The unfavorable conditions may be *impure air, water or food, overwork, want of rest and sleep, want of proper clothing, etc.*, but men frequently endure these for months or years before disease follows. As long as vital power is abundant, so as to perform vital function with reasonable ease, there will be no disease, no matter how unhealthful are the conditions. Some men may drink whiskey, smoke tobacco, live in unventilated dwellings, eat impure food and drink bad water, and yet continue in fairly good health, while others are sick and miserable under the most favorable conditions. They are sick for want of power to be well, and they will never be cured until the power of health and life has been accumulated in sufficient degree to render easy function possible.

And this power will be increased, *not by increasing its manifestations*, but by reducing them in accordance with Life's Great Law, heretofore set forth. The engineer increases the *appearance* of power when he blows off steam, or when he runs his engine vigorously, but does he thus increase the amount of the power? On the contrary, the pressure in the boiler and consequent power to work is increased by shutting off steam, slowing down the engine, and *reducing* its work, not by forcing it to increased

and adding to its work. Stimulants are so common in our day, the use of tonics, which are slow acting, is the perfect example of this. More widely the throttle valve of an engine, adding to its work, and driving it to extraordinary activity. Who would note that by this means the engine is rapidly exhausted, finally causing the motion to cease,—the man is

like a boiler in the boiler may be replenished, or, by increasing the combustion, it may be repaired; but feeding the patient while it is doing the labors of his organism, and increasing the taxation of his machinery, produces vital force—the power

Food is fuel, but increased food to an invalid is precisely like increasing the fire under a cracked boiler, or of an insane notion that the increased pressure in the boiler will heal the crack. Food increases vital work, but fuel increases the boiler's work, and can no more heal the organism than iron can repair the boiler. On the other hand, if given in excessive amount, it prevents healing just as high pressure in a steam engine will prevent repair. Every vessel in a patient is a conducting vessel which when weakened by sickness easily bursts if the pressure is excessive, as was clearly illustrated in the case of President Garfield, and as occurs in every case of apoplexy, which is usually due to overfeeding causing excessive pressure of the circulation.

STORAGE OF POWER.—Let us now turn to a consideration of the relations existing between causes and occasions, or, otherwise expressed, the relations of *forces which work* to the *conditions under which they work*. So important is this subject, and so little understood, that we have already devoted an

important chapter (chapter III.) to its consideration, and yet it is far from exhausted. We note first the storage of power as the necessary prerequisite to all work. Gravity is stored in the water of the lake from which it is drawn through pipes to furnish power to water wheels for varied purposes. It is the gravity that does the work, and the water-wheel is a necessary condition, but whether it shall grind flour, or make electric light or saw lumber, depends upon conditions. Gravity is also stored in the reservoirs which supply water to the city, but the purpose for which the water is used, whether to run a motor, supply water to bath-room or kitchen or to the fire-department, depends upon conditions. Man supplies the conditions and Nature supplies the water, but it is the gravity in it that does the work, the kind of work depending upon conditions supplied.

So, too, the locomotive boiler stores the force which runs the locomotive, but how or where it runs it, depends upon conditions. A switch is an ingenious invention for controlling the direction in which the locomotive shall move, but it is the power in the steam, which forces the engine north or south, east or west, or dumps it into the river. In the same way it is the vitality stored in the patient that breathes air, digests food, secretes bile; enables the man to walk or run, gives him pleasure or pain, makes health or disease, in a word, does all that is done; but just what is done depends upon conditions which are largely in our control. If we put our hand in boiling water, we will suffer pain which will continue as long as the vitality is vigorously at work healing the burn; or we may put our hands in warm water, and wash them clean and get much comfort in doing so. We may

breathe pure air, eat good food, take rest and sleep, and enjoy life and health, or we may live in unventilated rooms, eat unwholesome food, work excessively, clothe ourselves foolishly and suffer disease. In every case the power is the same; it is the vital force that gives us the pleasures of health or pains of disease: that digests our food and secretes our bile, moves our bowels and makes us happy and contented, or sick and miserable. And whether we secure the one result or the other depends upon the conditions we supply. Nature does the work but man determines what the work shall be. It may be health or disease just as we supply the conditions for the one or the other; in either case the work is done by the patient's power of life. Both health and disease occur only in living things, each being the product of life, each the manifestation of its power.

The human organism, as a storehouse of force, bears a wonderful likeness to a reservoir of water, the one containing vitality, the power of life, and the other, gravity, the great mechanical force. The source of the power in each case is analogous, the water containing gravity, coming from living springs on the mountain side, and the vitality from springs of life high up in the realm of being. In both cases the power is first *active* to make, then *passive* to preserve, and again *active* to change, and the reservoir may be either full, half or quarter full, or any degree between. But in neither case can the power be manufactured even though it may be accumulated. The true method of increase is to cease for a time its use, which is done in the case of the water by closing the spigots, and in the case of vitality, by rest and sleep, in which its use has largely ceased. The supply is continuous, so that if the use

be restrained and intermittent, as Nature requires, the power will accumulate and vigor be secured, but if use be encouraged and stimulated, exhaustion and death are liable to follow. And as all the pleasures of life as well as the values of water, grow out of their use, it can be readily seen how great the temptation to use, and why self-denial is the chief virtue, while self-gratification is the greatest of evils.

The avenues of escape for vitality are numerous in the living organism, perhaps as much so as the escape of water from the city reservoir, and the results are the same: the more we use the less remains for future use. And as the enjoyment of anything is secured through its use, it is not wonderful that the use may at times become excessive, and the reservoir be depleted even to complete exhaustion. Vital activity expends vital power, it never manufactures it. Life is an inheritance and not a product; we can no more make it than we can gravity or the matter which contains the gravity, but to waste our inheritance in riotous living is one of the common facts of human life. The cure must come through retracing our steps. "Do different, sir; do different," was the old German's prescription to the importunate patient, and it is one that always applies. If one set of conditions produce disease an opposite set will surely bring health. To sum up the requirements of an exact science of treatment, therefore, let us say that it consists of

Removing the occasions of disease;

Supplying the conditions for health;
and

Accumulating the power of life and of Cure, to which succeeding pages are devoted.

(To be continued.)

CANOEING AS AN AID TO HEALTH.

BY DR. CLIFTON SPARKS.

Second Article.

ON THE EQUIPMENT OF THE CANOE.

the interests of comfortable canoeing you will probably want to use a carpet fastener frequently and so it is a good idea to fasten it to the flooring of the canoe in such a way that—while quickly removable—it cannot “ruck up.” This is done by obtaining from a carpet store a dozen or so of the patent “rug fasteners” which are used by tidy housekeepers to keep rugs from slipping on polished floors. These fasteners resemble snap-fasteners on gloves. One part of the fastener is fixed to the floor of the canoe while the other is sewed to the carpet. When properly adjusted, these contrivances will always keep your floor-carpet in its place and will improve the appearance and comfort of the canoe. A dozen fasteners cost fifty cents.

It is a good idea to provide at least two air cushions for each passenger.

These are very comfortable to sit upon and in case of an upset are instantly available as life-preservers.

Back rests, or so-called “lazy-backs” can be easily improvised out of a piece of board. A very good canoe seat, or chair, can be made by sawing the legs from any ordinary chair and placing the seat flat on the floor of the canoe.

A centre stretcher or cross-piece of wood is usually fixed in place by small thumb-nuts.

It is a good plan to replace these thumb-nuts, so that the stretcher

can be quickly and conveniently removed when passengers are to be carried. It is not advisable permanently to dispense with the centre stretcher, as the canoe is likely to get out of shape.

Usually a rope or “painter” is fixed only in the bow of the canoe, but it will be found very convenient to have a painter at each end. A light manilla rope, about ten feet long makes the best painter. The rings to which they are fastened should be screwed to the floor of the canoe, under the short decks, and not on the top of them.

A light, folding anchor should be carried. Six pounds is heavy enough for the average canoe. A piece of rope the same thickness as the painter and about ten feet long, should be attached to the anchor. By joining this to the end of your painter, you will be able to anchor in almost any place in which you are likely to wish to stop.

Your paddles may be either spruce or maple. The spruce paddle is much the lighter of the two, but on the other hand the maple paddle seems to be quieter in the water. It can be used with less splash than the spruce paddle.

Whether you are alone in the canoe or not, always carry two paddles. Anyone may drop a paddle overboard, and if you have only one you will be helpless.

The length of a paddle is a matter of

THE CANOE STROKE ANALYZED.



BEGINNING THE STROKE.

individual taste. You can get more power—and consequently speed—out of a long paddle, but necessarily it takes more exertion. For "loafing around" in quiet waters I myself prefer the shortest paddle that can be obtained. Women almost invariably prefer a short paddle. A good plan is to have them in two different lengths, using the long ones for serious business and the short five-foot ones for comfort. With a long paddle you have to raise your hand and arm high in the air, while with a short one you are always near the water. For serious canoe work and racing, choose a paddle the top of which comes to the level of your eyes. This approximates the Indian rule.

Very handy accessories are a couple of steel picket-pins with swivel tops—such as are used for tethering horses. One of these picket-pins can be pushed into the bank and the canoe fastened to it by the painter, or by using two of them the boat can be anchored fore and aft. This ar-

rangement is frequently quicker and more convenient than the regular anchor mooring.

Always carry a boat sponge. Water that may drip from a paddle can thus be quickly swabbed up. The sponge should also be used to wipe the canoe inside and out when it is taken from the water.

The law makes it obligatory upon small boats to carry a light at night, whether they are propelled by power or not. While this rule is very generally neglected by canoeists and rowers it is a good one to observe, especially if you are paddling in waters that are much frequented. If you are carrying a light and a careless skipper damages your boat you can obtain recompense for the injury. If it can be shown that you carried no light, you have no recourse whatever.

There are many kinds of lanterns and lamps, especially intended for the use of canoeists, but they are all expensive and some of them are ineffective. The canoeist can take his choice as to whether he will carry a light to be seen by other peo-



HALFWAY THROUGH.

for his own convenience to lighten his own path. The writer believes that he has succeeded in improvising a lamp which combines economy and convenience with the efficiency of a locomotive light—a light by which the canoeist can be seen.

The actual lantern used is of the variety known as the Dietz Driving Lamp. This lamp is made with a powerful con-reflector, throwing a very strong

light. The result of this is to mount the lantern on a strong brass rod, the lower end of which is then dropped into the flag-pole socket which will be found on the bow of most canoes. A slot filed across the bottom of the rod engages with a wire bar across the bottom of the socket, thereby preventing the lamp from twisting around.

As the driving lantern is fitted with a bail or handle, it is instantly avail-



FINISHING WITH A TURN

and is so constructed that nothing can blow it out.

The lantern is intended to be used on the side of a canoe. On its side is a socket and set screw. In this socket there is passed a piece of brass rod, eight inches long. Near the end of the rod has been filed flat for a space of an inch so as to afford a good place for the set screw on the lamp. When ready for use this brass rod is dropped into its socket and the set screw

is tightened. The result of this is to mount the lantern on a strong brass rod, the lower end of which is then dropped into the flag-pole socket which will be found on the bow of most canoes. A slot filed across the bottom of the rod engages with a wire bar across the bottom of the socket, thereby preventing the lamp from twisting around. As the driving lantern is fitted with a bail or handle, it is instantly avail-

the red glass with a piece of tin, or a small piece of wood can be trimmed to fit, and glued over it.

The advantage of such a light as this for night canoeing cannot be overestimated, but if its use is not convenient an ordinary bicycle lantern can be mounted in the bow on an improvised support.

For steady paddling in a loaded canoe a foot-stretcher, or foot-brace, of some sort is desirable. In some canoes the stretcher which reaches across the thwarts is within easy reach of the feet of the paddler, but when this is not the case it will be found a simple matter to arrange a piece of inch-square stick across the bottom of the canoe at the right distance to give a purchase when working.

Try to avoid "cluttering up" your canoe with a lot of useless contraptions, but at the same time never hesitate to add to your equipment anything which promises to increase the comfort of yourself or those you may invite to accompany you in your canoe excursions. An awning over the centre of the canoe, for instance, would be scorned by the average hardy canoeist, yet on a sweltering summer day it will be highly appreciated by a passenger. A light awning can be easily constructed from a piece of drilling or muslin and its proper rigging will exercise your ingenuity.

In the beginning of the boating season you will often be caught by showers, and it is, consequently, a good idea to have one or two ponchos among your regular equipment. A poncho is made from a sheet of rubber cloth, six or seven feet long and four feet wide. It has a slit in the middle to admit the head of the wearer and forms an efficient protection against ordinary rainstorms. Ponchos can be bought for \$1.50 each. By rolling

them up and strapping them to a stretcher, they will be out of your way and yet always accessible. Make it a rule to carry a poncho, whether it threatens rain or not.

After you become on thoroughly friendly terms with your canoe there is sure to come a day when, with a fair wind behind you and a long distance to travel, you will wish you had a sail. An umbrella or a parasol makes a fairly effective sail for a canvas-covered canoe when no better can be had. If you have open water ahead of you and a clear course, the umbrella should be fixed in the bow. Then, if you and your companion will sit well aft, the canoe will practically steer herself, for she will swing to the wind as on a pivot. This sort of "sailing" can, of course, only be done when you are running dead before the wind.

There are authorities who maintain that a sail has no place in a canvas-covered canoe, but the number of canoeists who are successfully using sails in such craft are placing these oracles in a hopeless minority. That sails can be—and are—efficient adjuncts to a canvas-covered canoe is a matter that is being demonstrated daily in all the larger canoe clubs and there is, consequently, no reason whatever for the amateur canoeist to omit a small sail from his working equipment. It will afford him a great deal of pleasure and will often give a welcome relief from a long paddle. Infallibly he will upset once, twice or a score of times, but if the canoeist can swim—and he has no business to try to sail a canoe if he can't—this fact merely adds a zest to the sport and gives him renewed desire to master the ways, manners and customs of a canoe under sail. It may be added at this point that

canoe and sailing a boat—any a boat—are two widely different

It is the difference between riding a rocking-horse and occupying the deck of a pitching broncho.

plenty of variety, but not much

on as a sail is added to a canoe, with it an entirely new set of equipment and accessories, simple or complicated, according to the ideas and requirements of the individual canoeist.

Owing to its lightness and flat floor an ordinary paddling canoe drifts helplessly sideways if an attempt is made to sail it across the wind. In order to counteract this "side-slip" some arrangement must be made to give the canoe a better hold on the water. In the next article this subject will be discussed and suggestions will be made for the equipment and sailing of an ordinary low-priced canvas-covered canoe.

(To be continued.)

HOW TO LIVE ONE HUNDRED YEARS.

By C. GILBERT PERCIVAL, M. D.

Following article is from an interview with Mrs. A. P. Johnson of Milford, Mass., who recently celebrated her 100th birthday and who at the present time is in the best of health and active to do house work and enjoy automobile riding. Few persons are privileged to live 100 years and her observations

on life and her secrets and advice for avoiding the grim ravages of advanced age would be dead by all women, the men of mankind who jealously fight off the marks of age.

A remarkable woman is well and active enough to enjoy automobile riding, to read daily and take her walks and exercises.

On the 24th, at Milford, Mass., Mrs. A. P. Johnson celebrated her 100th birthday and to the assembled relations, friends and guests she proved conclusively that she is the sprightliest woman of her age in America.

In her early days, Mrs. Johnson lived the same as other young girls of her period, but young girls of 85 years ago lived much better and plainer than they do to-day. Says this lively cen-

tenarian: "There is only one way to retain good health, and that is to eat, exercise and sleep with painstaking regularity. Clothes! dress! oh, corsets! Well, they might be all right if worn loose enough and not tight to interfere with free movement and breathing but I never wore them.

"What do I do every day? Why, I don't know; I live just like other people. I get nine hours' sleep and arise at six o'clock in the morning, sit or exercise in the open air for an hour or so and eat breakfast and then back in my favorite chair in the open air until about 10 and then if the weather is pleasant I ride or walk until noon. I have a light lunch between 12 and 1 and then I go out again into the open air and sunshine. Sometimes I read. After supper I join the family in talk or reading and retire at 8:30 or 9. Tired? Oh, yes, quite often hot? I was often very tired when young. But a good night's sleep always refreshes me."

When questioned with regard to her food, the aged woman laughed and said: "Why I eat as I always have—plenty of good, plain food, and no pastry or

sweets. I like vegetables of all kinds, as well as all meats, fish, cereals and fruit. My long life I attribute to my regular habits and moderate eating of plain and nourishing food. When I lived the poorest, I always felt best. I have never been ill or employed a doctor."

SOME RULES TO PROLONG LIFE.

BY ALMIRA PIERCE JOHNSON, 100 YEARS OLD.

Regular eating. Plain, simple food, plenty of sleep.

When one lives the poorest, one feels best.

Tenement life does not necessarily shorten life, providing those who live in tenements live naturally with the same heed of careful habits practiced by those living in the country.

Simple habits, simple manners, and simple ways go the farthest.

Marriage increases the enjoyment of life.

Education helps to derive enjoyment out of life.

Fresh air and sunshine constitute good tonics.

Cheerfulness eliminates unpleasantness.

Sleep nine hours.

Eat three simple meals.

Spend many hours in the open air.

Walk often and with ease.

Regularity in all things.

Care and thoughtfulness insure health.

Live natural lives.

Endeavor to keep young.

Keep good hours.

Cultivate youthfulness as a means of forgetting old age.

Keep up with modern events and of the day.

DON'T'S FOR WOMEN.

(By Mrs. Johnson.)

Don't cultivate a liking for late hours.

Don't sleep late in the day.

Don't sleep irregularly.

Don't eat irregularly.

Don't do too much dancing.

Don't wear corsets.

Don't eat pastry or indulge in sweets.

Don't worry unnecessarily.

Don't brood over troubles.

Don't bother about other people's business.

Don't try to do too much.

HER USUAL MENU.

Breakfast—Fruit, cream of wheat, potatoes, brown bread.

Dinner—Meat or fish, vegetables of all kinds.

Supper—Stewed fruit, meat, cold pie or cake, bread and butter, milk and water.

The oldest medical works in existence are those of the Chinese and date back to nearly 3,000 years B. C. Then, as now, they divided their subjects under the headings of healing, cooling, refreshing and temperate. They have everything divided into classes, and their prescriptions are classified under seven heads as follows: (1) The great prescription, (2) the little prescription, (3) the slow pre-

scription, (4) the quick prescription, (5) the *odd* prescription, (6) the *even* prescription, (7) the double prescription. These are applied under four special circumstances and conditions, which in their turn are classified. Fire is an element in which they have great faith, as they have in mineral waters.—*From the Doctor.*



CONDUCTED BY HARRIET HEMIUP VAN CLEVE.

SEPTEMBER.

"t September, thy first breezes
ing
y leaf's rustle and the squirrel's
ughter,
l fresh air whence health and
gor spring
romise of exceeding joy here-
ter."

cent investigations of the United
overnment chemists and the tests
g made by the state chemists of
us states have revealed even a
eld of food adulteration than
erto suspected. Almost every ar-
the household pantry is adul-
luted, poisoned by coloring mat-
ade unfit to eat by preservatives.
very side comes the question,
n we tell the pure from adulter-
is?" The answer of the govern-
emists is that cheap foods put
arket by unheard and unknown
facturers are the ones to avoid.
ier priced, standard goods made
est known and reputable firms
ast likely to be dangerous. Any
ap food product is open to sus-
An officer of the Consumers'
warns the public against cut-
ds, and points out that ordinary
ce ought to teach a purchaser

that many food articles are, on the face
of them sold too cheaply to be a fair,
standard, honest quality. As for instance,
not long ago, we saw advertised by a
firm, one dozen cans of corn at 48 cents
a dozen cans; the tin cans alone cost
thirty cents. Add to this the cost of
labels and the profits demanded by whole-
sale and retailers, what is left to buy the
corn with!

Milk adulteration with water, chalk and
various coloring matter is so common
that when Judge Olmstead, of New York,
threatened dealers with prison for sec-
ond offenses, one dealer declared it im-
possible to buy perfectly pure milk from
wholesalers, so canceled his permit.

The ultimate remedy for the wretched
traffic in poisoned foods will be a na-
tional law compelling manufacturers to
print on every label an exact and truth-
ful statement of just what his package is
made of. The National Consumers'
League deserves support all over Ameri-
ca. It is at work not only on food adul-
terations, but on sanitary conditions un-
der which food is produced. Massa-
chusetts has been the pioneer in the fight
for pure food, yet with all her vigilance
the percentage of food adulteration was
29.5 per cent., in 1903 or 1.4 per cent.
higher than it was the year before. Prof.
Harvey W. Wiley, who has been so ac-

tively engaged in the campaign for purity in food products, says: "The necessity for pure food is evident and is based upon two premises which are well established. First, as respecting the digestibility and wholesomeness of food products. The addition of artificial substances which change the relationship of food to digestion. The addition of foreign bodies entails upon the secretory organs an additional task. The greater number of people who break down before old age break down by reason of the failure of some secretory organ, especially the kidneys, and thus place additional burdens on organs already overworked.

"The second premise for the demand for pure food is an ethical one. It means honesty and freedom from deception of the purchaser or user. The consumer ought not to consent to being deceived."

It cannot be disputed that the raw materials produced in our country are as good as those produced anywhere on the globe, and that the manufactured goods in many cases are superior to those produced anywhere in the world. The chief trouble with our canned products is the carelessness exercised in the selection of the tin of which the packages are made. In this respect, Prof. Wiley continues, "We are behind some of the European countries. There is no control, so far as I know, of the amount of lead which may be used for coating the iron. We have found in one laboratory as high as 13 per cent. of lead in cans when there should not be present more than one per cent. The solder often contains as much as 50 per cent. of lead, but the technique, as I may call it, of the manufacturer, should be such as to absolutely exclude any particle from entering the can, and as a matter of fact, a considerable proportion of it often drips into the can."

Prof. Wiley takes an optimistic view of the situation and adds with satisfaction that the general tendency along the whole line of food products is toward pure food. This general improvement has been due to the awakening of the people to the general discussion of these problems by the aid of journals of hygiene and medicine and by the Consumers' League and other similar bodies. Manufacturers, as a rule, are quick to appreciate the change in public sentiment, and to realize its wisdom and to accept its demands.

A constant plea for intelligence in the household as housekeepers, wives and mothers has been the keynote of this department. And I am convinced after five years' acquaintance with the readers of HEALTH that no more earnest or thoughtful, intelligent body of women exist than those who have become my friends through these pages.

Consequently, I feel this subject has been given your consideration. It is of vital importance affecting those who are dearer than life itself. And I can only urge constant warfare against food adulteration, demanding honesty and purity in these essential, and also ask you to aid those who have not thought as deeply on this important matter and need you to enlighten and help them.

I believe, as a result of all these investigations and discussions, aided by intelligence, the American public can confidently look forward to the time not far in the future when they may be sure that in purchasing a food product they are getting the quality and character they ask for.

If desired by anyone a table will be given of common articles and the adulterations used in them.

USEFUL HINTS.

A cement which will resist the action of hot and cold water, and which is most useful for mending coarse cracks and holes in iron and tin kettles and pans, is made by mixing litharge and glycerin to the consistancy of thick cream or putty. It is a cement that will mend a large variety of things; only one thing must be remembered and that is the article mended must not be used until the cement has had time to dry. This may be a week or even longer. Litharge may be bought at the drug store.

White silk may be washed so as not to turn yellow as follows: Use cold water and castile soap. Wash it with the hands, rinse and dry partially. Then iron without sprinkling. If silk is sprinkled it will spot, and hot water turns it yellow.

Paint can be removed from clothing by rubbing with turpentine. Sponge afterward with household ammonia. Benzine will remove paint from fine fabrics and is better in these cases than turpentine.

Scorch can be removed from woolen goods by sponging with warm suds; lay in the sun, and an hour later sponge with ammonia.

Common burlap, either plain or figured, makes a good, cheap floor-covering for chambers. It is especially adopted for summer cottages. It costs fifteen or twenty cents a yard and is a yard wide.

If a piece of sandpaper is held in the hand while sealing hot fruit jars, it will prevent slipping and the jars can be tightly sealed.

Do not let any drafts blow upon your preserving jars while they are being filled. It will crack them.

Be careful that no seeds of liquid rests between the rubbers and covers of the fruit jars, as they allow the air to enter the jar, and spoil the fruit.

Save the liquor from year to year in which sweet pickles have been made. It gives a richness not to be found in any other way.

Apple sauce will keep a long time if ginger, cinnamon and cloves are cooked in it.

A glass rolling-pin, which can be filled with ice water, is very fine for hot weather when making pastry. A long round bottle filled with crushed ice and tightly corked is a good substitute.

A pretty set of dinner cards may be made out of a sheet of watercolor paper and pressed four-leaf clover. Sea-weed may be effectively used in the same way.

Pecan meats may be removed without breaking them, by pouring boiling water over the nuts and let them stand until cold. Crack with a hammer, striking the small end of the nut.

RECIPES.

WALNUT WAFERS.

Break two eggs into a bowl, add one cup of granulated sugar and stir well. Mix in thoroughly one cup of chopped English walnuts and three-quarters of a cup of sifted flour. Drop on buttered pans, allowing plenty of room for them to spread and bake in a quick oven.

MEAT BALL STEW.

Season a pound of hamburg steak to taste and roll into tiny balls about the size of a walnut. Boil slowly an hour, and then add a third of a cup of rice. The meat balls keep their shape, and make a delicious stew.

HAMBURG CREAM.

Simmer one-half pound of sugar, the yolks of ten eggs and the juice of two lemons, until as thick as custard, stirring or else it will scorch. Beat the whites very light and stir in a minute before taking from the fire.

CREAMY RICE PUDDING.

To five cups of milk in a flat baking dish add one-third cup sugar, one-quarter cup of mashed rice, two teaspoons of cinnamon and one-half teaspoon of salt. Bake eight or nine hours, stirring occasionally at first.

BREAKFAST BACON WITH CATSUP GRAVY.

Put in a pan thin slices of bacon, and fry. When done place them on a hot platter. To the fat which has been fried out (if there is too much, pour off a portion), add one-half cup of tomato catsup, stir a moment, then pour over the meat.

ORANGE CAKE.

Two cups of sugar, two cups of flour (sifted), two small teaspoonfuls of baking powder; one-half cup of water; yolks of five eggs and whites of two eggs. One grated orange. Bake in layer pans.

CONCERNING WOMEN.

"A perfect woman, nobly planned,
To warn, to comfort, and command."

Landscape gardening is a fashionable occupation, and the natives and summer guests down Long Island way in the vicinity of the estates of wealthy New Yorkers are enjoying the spectacle of leaders of fashion personally superintending the laying out of their gardens.

Out-door life is becoming a necessity to American women.

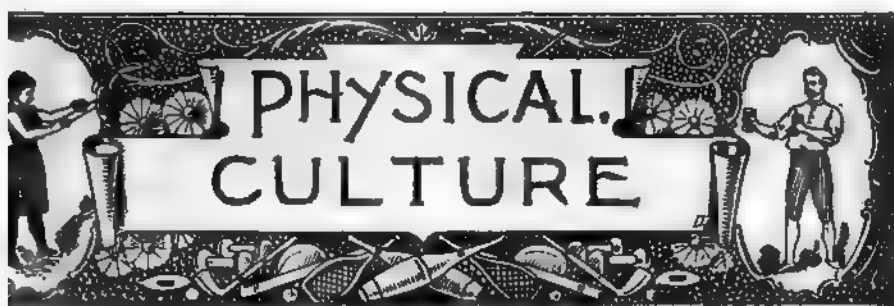
Miss Portia M. Washington, daughter of Booker T. Washington, graduated at Bradford Academy, Haverhill, Mass., this year. She has been a popular student during her four years at the college. She goes to Berlin to pursue her musical studies, she is already a talented musician.

The highest honors of the senior class at Cornell have been awarded to Tessie Fauset, a colored woman, and the only woman student of her race in the college of arts. In her course, she had to compete with about 100 white students.

Andrew Carnegie has given five thousand dollars to establish a training school in domestic economy for Southern women in Atlanta.

Mrs. Julia Warde Howe presided over a meeting held recently in New York City in the interest of families of Japanese soldiers and sailors killed in the present war.

"Give strength, give thought, give deeds,
give self.
Give love, give tears and give thyself;
Give, give, be always giving;
Who gives not is not living."



CONDUCTED BY PROF. ANTHONY BARKER.

WRESTLING

No. 4.

Illustrations specially posed by Prof. Anthony Barker and Al. Treloar, the "Perfect Man."

first three articles of this series with Graeco-Roman, or "above the vestling. A style of wrestling in England and America is even popular than the Graeco-Roman is as-catch-can" style. The name is planatory. In this style grabbing legs, tripping, anything not cruel, ved. Both the Graeco-Roman and catch-as-catch-can style have their advocates and devotees. It is o say that either one is more ic or better exercise than the other. ally I like the catch-as-catch-can etter. I believe that in it skill for more, and brute strength and for less than in Graeco-Roman.

two styles have many things in n. The start is much the same and mate purpose and tactics are simi- he wrestlers come together with ly more bent than in the Graeco- so as to keep the legs out of

They take hold of each other in ch ways as shown in the first cut of of this series. It is better prac- always take hold in this or some manner at once, and then try for olds to accomplish your purpose

than to stand off free and dance about each other, sparring for an opening.

Young, slender boys, the kind that shoot up and grow tall at an early age, had better leave out the standing up work entirely in catch-as-catch-can wrestling. They should start on the floor as in the position of the third photo of Article I of this series. In the "ground work" or work on the mat, they will get just as much exercise without the danger of a sudden fall from a standing position. In case of a sudden trip and fall from a standing position, the inexperienced wrestler will almost invariably put out his arm to stop himself. In the case of a slender boy or man there is great danger of injuring the arm or shoulder by falling on it. I have seen several cases of dislocation of the shoulder, forcible extension of the elbow (i.e. bending it the other way) and one or two cases of fracture of the arm bones in just this way. So my experience has led me to prohibit boys wrestling in standing up position until I know they are sufficiently advanced in all around physical training to know how to fall without hurting themselves. I do, however, advise and encourage all to prac-



PHOTO I.

tice the positions on the mat in catch-as-catch-can wrestling, believing that it is the finest single exercise known for developing strength of all parts of the body, endurance, toughness and self-reliance.

The danger in standing up wrestling, as alluded to above, arises largely from the excited manner in which beginners go at the game. Assuming that the reader is ordinarily strong (in the sense of an ordinary person) and not an athlete, and is cool-headed enough to work with his opponent for the purpose of gaining a quick victory, we will consider some of the movements before the wrestlers come to the mat.

From the position of first cut in Art. I of this series, your first purpose, just as in Graeco-Roman wrestling, is to get "behind" or above your adversary. Slipping his arm over your head, duck your head and rush forward, seizing his left leg with your left hand, Photo I. In making this move, choose a moment, if possible when he is pushing against you. From position of Photo I, slide partly past his left

leg and sink on your inside knee. Photo 2. Plant your knee on his foot, if possible. On the soft mat it will not hurt and it is not cruel or unfriendly tactics. Then continuing the movement, pull on his leg, and pull yourself right to a position directly behind him grasping him around the waist with both your arms. From this position you can give him the body heave as shown in the second photo of Art. I of this series, or you may bring him to the mat by putting one of your feet in front of his feet and pushing him forward.

The movement described above for "getting behind" your man must be done with great speed and without stopping until you are up behind him, and grasping him around the waist. The sinking on one knee shown in Photo 2 is to keep your left leg out of the way of a counter attack. The pull on your opponent's leg is not to move his leg but to pull yourself up behind him by means of his leg, just as you might put one arm around a post and pull yourself around the other side of it. It is awkward and ineffective



PHOTO II.



PHOTO III.

to grab your opponent's leg and try to lift it up. Experienced wrestlers rarely try it.

Now for the counter to this attack. Suppose that you started the attack outlined above, but did not sink on your knee as described. Your opponent would, with his left arm, which you have just pushed over your head, seize your left leg from the inside exactly as you have his. Photo 3. He will do this with a sudden rush forward, at the same time kicking his leg free from your grasp and coming up behind you exactly as you expected to come behind him. A crafty wrestler will often offer his leg for you to grab for as a bait, so he can execute this counter move and come behind you.

Another method of attack is with the various "cross-buttock" holds. Seize your opponent's wrist and suddenly pull toward it drawing his arm over your shoulder and heaving your man over your back as in Photo 4. This is very effective if successful, but you are taking a chance in thus turning your back to your opponent. Another form of the "cross-buttock" is shown in Photo 5. In this

case, instead of lifting your man you trip him and roll him sideways. Photo 6 shows the fall from this hold.

It is a curious fact that a boy's hair grows one-half slower than a girl's. In boys the average rate of growth is three feet three inches in six years, being an average of .018 inch a day. During the twenty-first and twenty-fourth years a man's hair grows quicker than at any other period. It takes an eyelash twenty weeks to reach a length of .429 inch, and then its life is from 100 to 150 days. By means of a camera the wink of an eyelid has been measured, and it was found that twenty winks can be made in four seconds.—*Kansas City Journal*.

President E. J. James, of the University of Illinois, after five years' careful investigation, says that the severe strain undergone by college athletes largely unfits them for business or professional life, leaving them unable to play a man's part in affairs because of physical weakness induced by over-exertion.



PHOTO IV.



PHOTO V.

Nearly all football players, baseball men and lawn-tennis experts, he declares, have weak hearts, and are more liable to other forms of disease than other men.

President James has collected statistics regarding the health of famous athletes and their achievements in the affairs of life, and says they will undoubtedly cause much surprise to the men who declare the college athlete develops into the vigorous man who does things.

"Football is no worse in its effects than rowing, tennis, long-distance running or walking," declares the professor. "Indeed, tennis seems to be the worst of all, as almost all famous old-time players have had heart disease in more or less severe form.

"The sprinters in most cases have turned out wrecks and died early."

While the chemists and bacteriologists are debating over the realm of copper as a germicide, the electricians have perfected a process for electrical purification of water, and are operating a small plant at Cleveland, O., which is purifying the water of Lake Erie at the rate of 500 gallons an hour.



PHOTO VI.

THE ROCKING-CHAIR SPINE.

BY WILLIAM S. BIRGE, M. D.

“lady’s thumb” and “housemaid’s elbow” are quite familiar terms, especially to those who are fond of perusing journals of medical and hygienic, but the “rocking-chair spine” is less talked of, possibly because it is one of the possessions of those dwelling in more affluent circles, and what may be classed among the diseases in the way of disease.

It is none the less a clearly defined ailment, and one that often leads to consequences more serious than its primary cause might suggest.

Indolence and love of ease are the influences of this affliction and general disease has in many instances been its unfortunate climax.

But hygienists and health culturists tell us that the rocking-chair is an ancient evil. It perpetually changes the equilibrium of the body and agitates the circulation. It injures the eyes, as it continually changes the focus of what the eye may be looking at. It so disorients the brain that physicians have formerly advised mothers and nurses to rock delicately.

It thus be seen that the rocking-chair begins its deadly mission very early in the lives of its victims, and it is equally true that they are very likely to keep up this habit until they are ready to make their final exodus and slip from the rocking-chair into the grave.

The symptoms that first attract attention are a soreness and sensitiveness of

the spine, usually that portion near or below the waist, and sometimes extending to the lower edges of the shoulder-blades. There may be more or less indigestion accompanying it, and headaches are not infrequent.

The trouble arises from an improper position in sitting. Instead of keeping the spinal column in a perpendicular position, the lower part is bent forward, as one lounges in a chair with a soft cushion. The strain on one side of the spine caused by its curved shape after a time produces irritation, and if long-continued, inflammation of a serious character ensues. While there may not be fatal consequences, there surely is much inconvenience and discomfort attending a weak or irritable state of the spinal column. Good health cannot exist with such a condition of affairs, neither can good spirits dwell in such a body. Persons who experience a sense of weakness or weariness, or a dull ache in the back, will do well to take thought if they may have been too devoted to the rocking-chair and its luxurious cushions.

It is by physicians declared to be much better to rest either sitting upright or in a recumbent position, rather than the lounging, half-doubled-up attitude that rocking-chair devotees ordinarily assume. But the wide, welcoming arms of an easy-chair are so alluring that it takes Spartan courage to give up such a delicious luxury.

THE HABITS OF HABITS.

BY GEORGE PROPHETER.

No man is absolutely free who is a slave even to a single bad habit; and no man can be a slave to a bad habit to such a degree as to make it absolutely impossible for him to subdue at least if not entirely conquer that habit *when he knows the habits of that habit, and has the desire to conquer or rid himself of it.*

Health, happiness, wealth, knowledge, etc., are but the results of good habits applied to practice scientifically, therefore, a thorough knowledge of the habits of habits is so essential in this series of articles that we shall devote two numbers to this subject.

To know the quality of a habit is to know whether the habit is good or bad; to know the habits of that habit is to have a knowledge of how to fight or conquer it; even the very weakness of the will to carry out the desire to rid oneself of a bad habit is the result of a bad habit.

Now let us find out what *habit* is, what custom is, what *normality* is, and then there will be smooth sailing.

Webster's dictionary tells us that "Habit is the involuntary tendency or aptitude to perform certain actions which is acquired by their frequent repetitions; as *habit* is second nature."

"Habit is a disposition or tendency leading us to do easily, naturally, and with growing certainty, what we do often; custom is external, being habitual use or the frequent repetition of the same act. The two operate reciprocally on each other. The custom of giving produces a habit of liberality; habits of devotion promote the custom of going to church. Custom also supposes an act of

the will, selecting given modes of procedure; habit is a law of our being, a kind of "second nature" which grows up in us.

"A thing is *normal*, or in its normal state, when strictly conformed to those principles of its constitution which mark its species or to the standard of a healthy and natural condition. It is abnormal when it departs from those principles."

Crabb's English Synonyms: "*Custom* is a frequent repetition of the same act; *habit* is the effect of such repetition; the *custom* of rising early in the morning is conducive to the health, and may in a short time become such a *habit* as to render it no less agreeable than it is useful."

"*Custom* supposes an act of the will; *habit* implies an involuntary movement; a *custom* is followed; a habit is acquired: whoever follows the custom of imitating the look, tone or gesture of another is liable to get the habit of doing the same himself; as *habit* is said to be second nature, it is of importance to guard against all *customs* to which we do not wish to become habituated: the drunkard is formed by the custom of drinking intemperately, until he becomes *habituated* to the use of spirituous liquors: the profane swearer who *accustoms* himself in early life to utter the oaths which he hears will find it difficult in advanced years to break himself of the *habit* of swearing; the love of imitation is so powerful in the human breast, that it leads the major part of mankind to follow *custom* even in ridiculous things. Solomon refers to the power of *habit* when he says, 'Train up a child in the way he should go; and when

d he will not depart from it;" a which cannot be employed too the aid of virtue and religion."

tom is applicable to the many; confined to the individual; and individual has habits peculiar to , station and circumstance."

aylor: "To be perpetually longing patiently desirous of anything, so man cannot abstain from it, is to man's liberty, and to become a of meat and drink or smoke."

rt Hall: "If we look back on the course of feelings, we shall find that more influenced by the frequent nce of objects than by their weight portance; and (that) habit has force in forming our characters or opinions have. The mind nat- takes its tone and complexion hat it habitually contemplates."

len:

bits gather by unseen degrees, oaks make rivers, rivers run to seas."

ca: "To things which you bear mpatience you should accustom f, and, by Habit, you will bear ell."

espeare:

monster, Custom, who all sense doth eat

bit's devil, is angel yet in this;

the use of Actions fair and good

wise gives a frock, or livery,

ptly is put on; Refrain to-night:

at shall lend a kind of easiness

next Abstinence: the next more easy:

ie almost can change the stamp of Nature,

ther curb the Devil, or throw him out

ondrous potency."

Seneca: "I will govern my life and thoughts as if the whole world were to see the one and read the other; for what does it signify to make anything a secret from my neighbor, when to God (who is the searcher of our hearts) all our privacies are known."

Lord Brougham: "I trust everything, under God, to habit, upon which, in all ages, the law giver, as well as the school master, has mainly placed his reliance—habit, which makes everything easy, and casts all difficulties upon the deviation from the wonted course."

Sir P. Sidney: "Every base occupation makes one sharp in its practice and dull in every other."

St. Augustine: "Habit, if not resisted, soon becomes necessity."

If this intellectual cream is too rich for you, take a very little of it and mix a great deal of thought, reflection and memory with it, and it will act on the mind like a small amount of wholesome food mixed with a great deal of saliva and gastric juice and bile acts on the body—both will be assimilated and both will benefit you.

Some of these quotations should be read more than once, some should be read very often, and some should be memorized, made part of your blood and brain, and then you can first say you "know" them thoroughly.

If you cannot read the entire article in one reading, divide it up into two or three. It will benefit you, and may have a tendency to change the course of your conduct for the better.

"That balancing moment at which pleasure would allure, and conscience is urging us to refrain, may be regarded as the point of departure or divergency whence one or other of the two processes

(toward evil, or toward good) take their commencement. Each of them consists in a particular succession of ideas, with their attendant feelings; and whichever of them may happen to be described once has, by the law of suggestion, the greater chance, in the same circumstances, by being described over again. Should the mind dwell on an object of allure-ment, and the considerations of principle not be entertained, it will pass inward from the first incitement to the final and guilty indulgence by a series of stepping-stones, each of which will present itself more readily in future, and with less chance of arrest or interruption by the suggestions of conscience than before."

"But should these suggestions be admitted, and, far more, should they prevail, then, on the principle of association, will they be all the more apt to intervene on the repetition of the same circumstances, and again break that line of continuity, which, but for this intervention, would have led from a temptation to a turpitude or a crime."

"If, on the occurrence of a temptation, formerly conscience did interpose, and represent the evil of a compliance, and so impress the man with a sense of obligation as led him to dismiss the fascinating object from the presence of his mind, or to hurry away from it; the likelihood is, that the recurrence of a similar temptation will suggest the same train of thoughts and feelings, and lead to the same beneficial result; and this is a likelihood ever increasing with every repetition of the process.

"The train which would have terminated in a vicious indulgence is dispossessed by the train which conducts to a resolution and an act of virtuous self-denial. The thoughts which tend to awaken

emotions and purposes on the side of duty, find readier entrance into the mind, and the thoughts which awaken and urge forward the desire of what is evil, more readily give way. The positive force on the side of virtue is augmented by every repetition of the train which leads to a virtuous determination. The resistance to this force, on the side of vice, is weakened in proportion to the frequency wherewith that train of suggestions which would have led to a vicious indulgence is broken and discomfited.

"It is thus that when one is successfully resolute in his opposition to evil, the power of making the achievement, and the facility of the achievement itself, are both upon the increase, and virtue makes double gain to herself by every separate conquest which she may have won. The humbler attainments of moral worth are first mastered and secured, and the aspiring disciple may pass onward, in a career that is quite indefinite, to nobler deeds and nobler sacrifices."—Dr. T. Chalmers.

I have a strong habit of using quotations, for when great ideas like the foregoing are "robed" in fitting garments by their authors, I prefer not to be guilty of "disrobing" those ideas and "dressing" them in rags for the sake of getting a reputation.

The man who has "clothed" an idea in the best "style" has the best right to that idea, and should have precedence, and prominence.

These great men who have spoken to you in this article are "the main speakers," next month we shall have the "and others" (as Dougherty said the smaller ones are referred to) in the person of myself.

DISREGARD FOR HUMAN LIFE.

By S. T. ERIEG.

As it may seem, it is never-
theless, that those things which
are precious and demand the best
attention often receive the
least. The minor portions of
life are overwhelmed by the greater.

Life, that great mystery
which distinguishes us from the inert
mass of earth, and the most
valuable thing on earth, assumes an
importance in comparison
with other things. This is seen in all
aspects of life. It is manifested
in the individual toward self, and
toward their fellow men. There
is a continual war going on, mowing
down human beings.

The agents of destruction,
in actual warfare, that have to
be credited the greatest destruc-
tion of human life, are the rail-
roads throughout the United States.
In the United States during the year
ending June 30, 1903, there were 86,152
fatalities, of which 9,840 represent
persons killed, and 76,553 the num-
ber injured. The number of passen-
gers was 355, and the number in-
jured 345. In the previous year 345
persons were killed, and 6,683 in-
jured. There were 173 passengers
killed and 4,584 injured by collisions
and derailments. During the fiscal
year ending June 30, 1904, there was
an increase in fatalities, of which 2,787 were
killed and 51,343 injured. The num-
ber of collisions and derailments dur-
ing the last year was 11,291. This
astounding increase of six

hundred and forty-eight collisions and
derailments over 1903.

During the past ten years, the inter-
state commerce commission, figures
that there were 78,152 persons killed
on our railroads. It is given that Eng-
land has but one-fourth the railroad
mileage that we have, but does a greater
proportionate passenger business than
we do, yet during the last year there
was not one passenger killed. What is
the cause of all this? Is not life as
precious with us as with the people of
England? Instead of the fatalities di-
minishing they are increasing every
year, and there is evidently nothing
done to mitigate this wholesale slaugh-
ter of human beings. Why is not
something done? Why do not our
officials in high places do something?

This disregard for human life is
shown by the medical profession, the
source from which such a propensity
is least expected. A young man from
this city last January underwent an
operation for an abscess of the spine in
the German Hospital at Philadelphia.
The surgeon who performed the opera-
tion noticed that the patient sunk
rapidly, and at the completion of the
operation he pronounced the young
man dead. The body was removed to
the dead room, where the supposed
corpse a few hours later came to and
found himself on a cooling slab; he
was removed to a ward, and to my
knowledge is alive and well to-day.

A Jefferson business man was at-
tacked with a severe illness, and ac-

according to the attending physicians was pronounced dead. His funeral sermon was preached, and as the friends were taking a last look at the corpse, a relative noticed that his lips were moist, physicians were summoned and in a short time the supposed corpse was able to sit up in bed and on the road to recovery. In this profession there is too great disregard for life, too much carelessness. Human life is regarded as a cheap commodity.

Slight respect for life is shown toward the unfortunate feeble-minded. Dr. Brown, of the New York Board of Health, said: "Idiotic children should be put in the dog pond and drowned." From time to time doctors and officials have advocated killing of the feeble-minded. Such action is a reversion to the primitive state of man, a stride toward barbarism. It would be more just in some cases to kill the parents of these children, for many idiotic children are the fruit of the vices of parents.

Dr. Osler's regard for human life is so meagre that he asserts that a man above forty years of age is practically useless, and that a man over sixty is so absolutely worthless that a humane dose of chloroform ought to be administered to him.

Scarcely can we pick up a daily

paper but the dark-head lines of some awful disaster loom up before our eyes, and so prevalent are these disasters that they no longer call forth anything greater than mere comment. Thus disasters go on from day to day. As I view it, life is most precious. The lizard and the snake which glide over the ground and through the grass, the fowls of the air and the beasts of the field enjoy life.

But the human being, that masterpiece of nature, a being with a life within a life, upon whom God has bestowed his greatest care in creation, and given laws by which he can safely travel to his journey's end without getting lost,—how much more precious is such a life! We boast of being a Christian nation, yet we do not exhibit the first essential of such a nation—regard for human life.

Why all these unpleasant uprisings? We are a business nation, and the gleam of the dollar incites to action. It is the siren that lures all onward. For it father will defraud his son, the son the father, a brother will defraud his brother. The ardent fever for riches is permeating the nation, it has assumed such prodigious significance that human life in comparison is insignificant.

Don't eat highly spiced food if you value your complexion. It makes the skin spotty. Don't live in badly ventilated rooms. This also destroys the complexion, because it makes the blood impure. Don't eat much meat and few vegetables if you value the freshness of your face. Let it be the other way about. Don't think that a

good complexion is really attained by anything but the possession of a healthy skin and good blood. Don't neglect constipation. It is one of the commonest causes of a bad complexion; it makes the skin yellow, and is responsible for many skin eruptions.—*Life and Health.*

EDITORIAL DEPARTMENT

BY CHARLES A. TYRRELL, M.D., EDITOR.

Absolute cleanliness, both internal and external, is the golden key that unlocks the door of perfect health.

SEPTEMBER, 1905.

No. 9

SUMMER COMPLAINT.

ough the crown of the summer
sed, yet the internal disturbances
: to hot weather have by no means
ared. Summer diarrhoea is so
nt, that a few suggestions as to
tment cannot possibly be out of

The one important fact to be
in mind is all cases of stomach
el disturbances is that either im-
food has been partaken of, or an
ve quantity of food; hence it is
ght of folly to administer drugs
conditions. The presence of this
sted, fermenting mass in the sys-
not fail to cause pain and distress
probable serious results) until
d, and this can be best accom-
by the liberal use of water. Let
ient drink all the warm water he
induced to swallow; if he vomits,
h the better, it will the sooner re-
ie stomach of its injurious load; if
will facilitate the passage onward
dangerous mass. Wash out the
thoroughly by copious injections
m water, injecting all that the pa-
n receive, repeating the operation

until the water comes away clear. If re-
lief is not obtained, repeat the treatment
in from three to four hours. The usual
plan in such cases, is to administer a
violent cathartic, which invariably in-
creases the cramping pain, and to subdue
this, quieting medicine is prescribed
(usually some form of opium) which has
the effect of paralyzing intestinal action,
and preventing the expulsion of the dele-
terious substances, the retention of which
is the undoubted cause of so many fatal
endings of these attacks. The method
of treatment indicated above will cure
ninety-nine per cent. of such cases. Care
should be taken, however, that no food
whatever should be taken for twenty-four
hours after the trouble has been sub-
dued—nothing but plenty of pure water
and fresh air. The day following, bread
and milk may be given in moderation af-
ter which regular diet may be resumed.

WHY WORRY KILLS.

That worry has a most prejudicial ef-
fect upon the health is now generally
conceded, and recent scientific investiga-
tions have demonstrated, almost beyond a

peradventure, that continued worry will positively destroy life. The brain, as is well-known is the seat of government in the body, directing and controlling all its functions and being the nutritive centre of the organism, any impairment of its structure inevitably results in degeneration of the organs of digestion and assimilation. This destructive process may not be confined to one or even two organs; in fact, no limitation can be placed upon it; and it is only a question of time when physical degeneration reaches such a stage, that death ensues. It is not contended that occasional worry will produce these disastrous results, but the constant brooding over one particular disquieting idea causes deterioration of the brain cells, and if long indulged in, they become injured beyond repair. With the failure of the particular trophic centre, the organ or organs under its control speedily degenerate. It is therefore, no misstatement to say that worry kills; but it is only recently that the *modus operandi* has been successfully traced. No more important injunction can be given to any human being, than this: Don't Worry!

AERONAUTICS AND ANAEMIA.

One of the physical conditions that perpetually confront and perplex medical practitioners, is that known as anaemia. The drug practitioner almost invariably prescribes iron, a constituent of the blood that is always deficient in such cases; but they invariably make the egregious mistake of prescribing the tincture of chloride, which is an inorganic chemical compound, and consequently incapable of being appropriated by the human system. The only form in which iron can be as-

similated by the body, is the organic, that is, by freely partaking of vegetable foods, rich in iron, and in which iron has undergone a process of transmutation. Even then, there are countless cases that seem to defy the efforts of the most skilful dietician to relieve them; in fact, anaemia is a most difficult condition to treat. Quite recently, Dr. Naugier read a paper before the Academie de Medicine, in which he made the interesting statement, that highly beneficial results have been obtained in this class of cases by balloon ascents of moderate duration. In the course of his paper he made great claims for the tonic and blood-forming effects of this method of procedure, asserting that a balloon voyage of two hours' duration was followed by a marked and rapid increase in the number of red blood corpuscles, the improvement continuing for ten days afterwards. He further asserts that the improvement begins to manifest itself immediately and furthermore, that a prolonged voyage is productive of directly contrary results. His belief is, that two such ascents in the course of six weeks, would be of more benefit than a three months' residence in the mountains, and urged the municipal council to provide a balloon capable of taking fifty people to the upper strata of air daily, that is, those who were too poor to obtain a change of climate in the usual manner. The value of pure oxygen in enriching the blood, by increasing the red corpuscular element is too well known to need comment, and it may be that Dr. Naugier's plan will open the door of relief to many, who have been vainly seeking it. Here is an opportunity for some philanthropic multi-millionaire to establish a balloon fund, and thus establish a name for himself that shall endure.

DEADLY HOOK WORM.

large army of sufferers from "d feeling" owe a debt of gratitude to Dr. Charles Walker for his discovery of this most pernicious parasite. The large company of "constitutionally tired" should unite to erect a monument to the man who has freed them from the reproach of being lazy. For countless generations, laziness has been held up to scorn and contempt, but now it appears that the so-called lazy man has been more sinned against than sinning. Laziness, so Dr. Stiles says, is a disease, and the much-called lazy man is more to be pitied than despised, since he is the victim of a condition beyond his control. This "constitutional tiredness," so Dr. Stiles says, is the presence in the victim of a hook worm, which, when once it enters the body and takes possession, immediately renders the individual a profound dyspeptic, doing anything in the form of physical exertion. This mysterious parasite is little understood at present, but the attention has been directed to it, and we expect that the bacteriologists will work overtime in their efforts to properly classify and describe it, and to seek out a remedy to stop its pernicious activity. At present there is no known remedy for this extremely prevalent complaint, but we must learn to look with charity upon the unfortunate lazy man, whom, unfortunately, we have always with us.

MEDICAL RE-DISCOVERIES.

Of what is popularly termed up-to-date medical practice is not in reality new, but was known to the early physicians, fell into disuse and has

since been revived, with much self-glorification of those who exhumed the old records. Both Lentilius and Hippocrates employed arsenic as a febrifuge, Pythagoras appreciated the value of squill as a diuretic. Opium has been found in ancient Egyptian tombs, and was used by Paracelsus, while the male fern was a remedy well known to Galen. Nor are some of the more modern surgical operations any better entitled to consideration as new methods. Hippocrates mentions intubation of the larynx and Coelius Aurelianus records instances of tracheotomy. Praxagoras practiced laparotomy and intestinal suturing. As long ago as 250 B. C. operations for hernia were performed, and Serapion removed diseased kidneys. Nor is asepsis entirely new, for the contemporaries of Hippocrates were accustomed to dip their instruments in boiling water. As far back as the thirteenth century, it was the custom to apply sponges dipped in stramonium, belladonna or mandragora to induce insensibility before performing an operation. Hydrotherapy, gymnastics and the open air treatment were commonly practiced by both the ancient Greeks and Romans, while hypnotism was held in high repute by the priests of Isis in ancient Egypt. Thus we see that there is really nothing new under the sun; that much of what we are pleased to regard as modern discovery is after all an old, old story. Not that this is peculiar to medicine, for the same is true of the arts and sciences, some of the secrets of old remaining mysteries until this day. Everything moves in cycles.

THE LIQUOZONE LIE.

We have repeatedly called attention, in this magazine, to the mendacious claims

made by the owners of proprietary medicines, exposing the fraudulent character of the preparations themselves, and also of the representations made regarding them. We consider it our bounden duty to protect the public against that class of men who fatten upon the miseries and sufferings of their fellows, and indulge the hope that we have accomplished some good in that direction. It is generally understood and conceded that the majority of these so-called medicines contain but an infinitesimal amount of the different remedial substances they are claimed to contain. Instances of extravagant claims of this nature are familiar to all, and it might have been thought that the limit of audacity had been reached in that direction, but it remained for the proprietors of Liquozone to surpass anything heretofore attempted in the "fake" line. Trading upon the well-known fact, that oxygen is the greatest germ destroying and health restoring agent in existence, more especially in its condensed form, as ozone, they have the colossal impudence to offer their puerile gaseous solution to the confiding public as liquid ozone. In view of the fact that gases can only be liquified under enormous pressure, and at a proportionately heavy cost, the name itself is both fraudulent and misleading. Even if the menstruum was charged with pure oxygen after the manner of carbonated waters, the most they would be entitled to claim for it would be a solution of oxygen; but in the various analyses made of it by govern-

ment and other competent analysts, it has been conclusively shown that oxygen is conspicuous only by its absence. and in addition it is unanimously agreed by them that this so-called liquid ozone is simply a solution of sulphurous and sulphuric acids in water. This in itself is a refutation of their claims, for in anything like an excess of sulphurous acid gas, oxygen or ozone would soon cease to exist. They lay great stress upon the fact that they use only the best producers of oxygen in the preparation of their nostrum, citing among them, manganese dioxide, yet the veriest tyro in chemistry knows that $Mn.O_2$ does not part with any of its oxygen in the process, but simply acts as an agent in its liberation.

It is, without doubt, one of the most impudent frauds which has ever been perpetrated upon the public and calls energetically for government interference. It would be bad enough if it only affected the pockets of the public, but it has a more serious side to it, being unmistakably a menace to health. A solution of oil of vitriol and water, for that is practically what it is, cannot be taken into the stomach without prejudicial effects, the injurious results being proportionate to the amount consumed and the physical condition of the consumer. How long is the much-abused public to be buncoed by these unscrupulous charlatans? We have a statute completely covering all such cases; why is it not enforced?

All people above the condition of laborers are ruined by excess of stimulus and nourishment, clergy included. I never yet saw any gentleman who ate and drank as little as was reason-

able. Looking back on my past life, I find that all my miseries of body and mind have proceeded from indigestion.
—*Sydney Smith's Confession.*



ION.—I am an indoor office
king about seven or eight hours
t I live almost a mile from the
d walk the distance four times
d frequently come over to the
in in the evening, averaging
ve miles daily, in addition to
get considerable outdoor exer-
ie summer months about home,
d work, keeping a large lawn in
c., sometimes doing considerable
s work. Now do you consider
erate cup of coffee per day too
nder the above circumstances?
at it, apparently, does not hurt
take no other stimulant, and do
ce nor drink, nor do I take tea.

to take one cup of good coffee
rich is the best, or better time,
'ast, or after the full noon meal?
fairly good breakfast, main meal
and light supper. I find that I
in good physical condition sim-
king care of myself without any
s "training" or dieting, and this
rest others who do indoor work.
ully, H. A. P., Olympia, Wash.

ER.—Frankly, we do not believe
ngle cup of good coffee per day
c any physical harm in your case.

abuse, not the use of an article
or drink that causes disaster. At
e time, the use of coffee, even
ly, serves no good purpose, so
omit it? If, however, it is taken
re the best time to take it is with
meal, at midday. There is little
at the exercise you take volun-
the secret of your continued good

health, despite the handicap of a seden-
tary occupation.

QUESTION.—I have read so many valu-
able hints in your (and also my) maga-
zine, that I am tempted to ask what is
the best and most simple remedy to get
rid of a stiff shoulder. At times the stiff-
ness extends to the muscles along the
side of the neck. It is not very trouble-
some, but with your advice, I may as well
be without it. Yours, H. J. D., Phila-
delphia, Pa.

ANSWER.—As you do not mention
anything in the nature of a wrench or
strain, we may assume that the cause is
not to be looked for in that direction.
That fact being eliminated, we can only
conclude that the trouble is of rheumatic
origin. Now all rheumatic troubles are
due to an excess of certain substances
in the blood, to wit, lactic and uric acids.
The only effective and rational way to
treat this condition is to purify the blood,
and this can only be successfully ac-
complished by keeping the intestinal
canal thoroughly clean, thus preventing
any further deposition of the above
named substances in the blood. Wash
out the large intestine at least twice a
week with copious enemas of warm
water. Rub the affected parts, night and
morning, gently but briskly, with a little
warm sweet oil, first exercising the parts
by rotating the arm, at full length, with
a circular motion, raising the arm high
above the head at each rotation. This
will increase the circulation in the af-

fectured structures, and carry away the offending substances.

QUESTION.—Will you please answer the following questions through the columns of your magazine? Would you consider it dangerous to use a lung tester to see how many pounds you can blow, or is it beneficial to the lungs? Which kind of lung testers are the best for development, those that register the number of pounds, or those that register the number of cubic inches. I have both kinds and would like your opinion. Yours truly, G. E. Tomlinson, Huckleberry, Ohio.

ANSWER.—We are opposed, on principle to the habitual use of lung testing, or lung developing machines. Their occasional use as for instance in public places is not likely to do any harm, but the fact of having such an instrument in one's possession is a standing temptation to use it, and to try to establish a record for lung power. Many players of wind instruments have brought on themselves what is known as emphysema, which is an excessive and unnatural dilation of the air cells of the lungs. We are not condemning lung development, for no one living has done more service, in preaching the necessity for it, than we have, but we believe, in fact, we know, that the highest possible state of lung development may be obtained by a systematic course of deep breathing exercises, for which no apparatus is necessary and which is not open to the possible dangers that attend the use of mechanical aids.

QUESTION.—I am a subscriber to valuable paper, and having a great deal of faith in your ability as a medical adviser, I would like to know what you think of "ice applications" in typhoid fever. Is it something new? I considered tepid baths more beneficial while I consider ice a help to lower temperature, I feel that its constant application, i. e., daily, hourly and momentarily is injurious. Let me know what you think of it, and also whether typhoid can be checked in the beginning, and what are the best remedies to employ in case of attacks of typhoid. Yours gratefully, J. Humboldt, Wis.

ANSWER.—The whole method of treating fevers has undergone change in recent years. In the olden days, water was denied to the patient, but since the advent of the "Brand" treatment, not only was the patient plunged into a cold bath, but when the temperature was high more cold has been employed. We consider ice invaluable in all such cases, but like many other good things, it requires judgment and discretion in its application. We do not believe in the indiscriminate application of ice, but only when the temperature is high. Typhoid fever, which is purely and simply a disease of the bowels, can not only be checked or aborted at its earlier stages, but ninety-five per cent of all cases can be cured by cleansing the colon itself with frequent copious enemata. By keeping the body well supplied with food, and careful abstention from all stimulants except liquid, the worst cases can be successfully treated.

BOOK REVIEWS.

ERGY: ITS PHYSICS, PHYSIOLOGICAL ACTION AND THERAPEUTIC APPLICATION. By Margaret A. Jones, M.D. New York: Reber & Co. 827 pp., 8vo. Price,

It is an interesting and instructive book, especially for the progressive physician who desires to employ all agencies that have proved remedial. The value of light in health can be found to enter a dissent; but its worth in disease is appreciated by few. Yet considering the fact, that red excites, and blue tranquilizes, should be taken into account to justify the inquiring mind in its researches. It is going to note, that among the agencies lately employed for the treatment of disease, light is relatively last, its full share of attention in the work is comprehensive in scope, and explicit in its description of methods of use in therapy. The author deserves the thanks of the medical profession for her contribution on this too little considered

compels us to say that a large number of physicians fail to realize the importance of careful supervision of the habits of the prospective mother, especially in the matter of diet. By careful attention to this matter much suffering may be averted, infant mortality lowered and healthy offspring assured. Placed in the hands of the prospective mother, by her physician, it ought to work great good.

A NON-SURGICAL TREATISE ON DISEASES OF THE PROSTATE GLAND AND ADJUNCTS.—By George Whitfield Overall, A. B., M. D. Chicago, Second edition. Rowe Publishing Co.

PROS.—A Book Concerning the Prospective Mother and Child. By Charles E. Paddock, M.D., Professor of Obstetrics. Chicago Post Graduate Medical School. Chicago, Cloyd, J. Head & Co. Price, \$1.25.

An excellent work that should commend itself to every physician. Truth

The class of troubles treated of in this work is much larger than is generally supposed, and in view of the fact, that our surgical friends are rather too prone to cut, and that unsatisfactory results frequently follow such hasty operative measures, a work like this, dealing with non-surgical measure, is deserving of more than passing comment. This field is one in which the labors of the specialist are particularly valuable, and the author, having devoted the greater part of his professional life to it, and having invented many appliances for the treatment of such cases, is certainly well equipped for writing upon it. The work, of course, is intended for the use of the physician, but any information along these lines should be welcomed by the general practitioner. It is clearly and concisely written, and contains twenty-six good illustrations, and we commend it to our professional brethren.

PUBLISHER'S DEPARTMENT.

"HEALTH CHAT."

By THE MANAGER.



We have been particularly gratified by the receipt of a large number of letters of commendation, complimenting us upon the appearance of the August number of **HEALTH**, in its new and attractive cover, and the excellent character of its illustrated reading matter. It is refreshingly pleasant to find our efforts thus appreciated, and we may add, that this is only the beginning of the improvements we have in view, and which will be carried out from month to month.

But we are even more pleased to note the interest that has been aroused by our offer to share our prosperity with our subscribers, by disposing of a limited quantity of stock in the Health Publishing Company. We have been simply flooded with letters of inquiry for our book, "The Manager's Invitation," showing conclusively how keen our friends are to appreciate a good thing.

We would, therefore, advise you, earnestly to carefully consider the following proposition, for it is an opportunity not to be neglected.

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In receiving a copy of this book, the only obligation that I shall request is that you will read it from cover to cover. Consider my invitation carefully. If you accept it, it will be one of the wisest steps you ever took in your life. If you do not I shall not feel hurt. I hope you will not miss one of the greatest opportunities ever presented to you.

Surely you are pleased with the appearance of our magazine this month. It will be our aim to still further improve our publication from month to month.

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Let me tell you, if you have any superfluous hair, how to make yourself sweet and clean as nature intended every woman should be. For years I doctored and tried to rid myself of that awful pest. I tried many remedies, but without success. Finally, on the point of despondency, I vowed I would do for myself what others had failed to do for me. This became my life's ambition. I went abroad, I studied under the best professors, seeking a scientific education to learn how to be natural, safe and sure way I could rid myself forever of all superfluous hair. I accomplished my purpose. I learned the one and only method true to nature for permanently and safely removing objectionable hair. I naturally became enthusiastic. I resolved that I would help other women to do for themselves what I did for myself. Little did I realize how great an undertaking would develop. The best known

women in the world have sought my method—sacrifices, mothers, sweethearts, and all. I prepare my treatment myself. I have become skilled in it. It is absolutely pure and harmless. My business has grown wonderfully, and only because of the treatment of my home treatment. With it you can cure yourself privately in your own home of all superfluous hair. Remember, I am a woman and have suffered as you probably do, and let me impress upon your mind that every client of mine has my confidence, and I think nothing would induce me to make known a method that would even the large amount of money that would come to me were some of the best medical letters sent me made public—but they never will be.

If you want to be rid forever of all superfluous hair by a home treatment that is safe, positive and true to nature, write me today. Under plain stationery I will tell you all.

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HYGIENE IN LAUGHTER



Some days ago two little fellows of seven and eight years old heard older people speaking of skeletons. The seven-year-old boy listened intently to the conversation, when the elder boy, with an air of superior knowledge, said abruptly:

"You don't know what a skeleton is and I do."

"So do I!" replied the younger. "I do know. I know for certain, I do!"

"Well, now, what is it?"

"It's bones with the people off!"—*Lippincott's*.

Dr. Ketchum—"By Jove! These cab companies certainly know how to charge."

His Wife—"Never mind, dear! Its lucky that the president of the company is a patient of yours."

"Sir," screamed the indignant patient at the fashionable doctor, "I think, sir—I think—I say I think, sir, I have told you four times that your bill is outrageous and extortio——"

"There, there, my good man," soothingly put in the physician. "You really must stop thinking so much, and, above all, you must not get excited."

And having given this profound ad-

vice, he added \$5 for another attendance.

At Marty Maloney's wake a bit of patriotism is manifest.

"Phawt did he die of, Mrs. Maloney?"

"Gangrene, Mrs. Finnegan!"

"Well, thank Hivin for the c Mrs. Maloney!"—*Exchange*.

Doctor—"Have you heard of Blanks' death?"

Friend—"No. Are you sure dead?"

Doctor—"Positive. I treated myself!"

Mrs. Jones (to the doctor)—"Gl hear your patient's gettin' b That typhoid fever is a terrible ease. Why, when my girl had it I laid my hand upon her stoma could just feel them germs n them's the things that perforate."

Host—"That confounded d charged me five dollars for tellin there was nothing the matter me."

Visitor—"Outrageous!"

Host—"Yes. If he had disco dangerous symptoms I shouldn't minded it."—*Illustrated Bits*.

HEALTH

7.

OCTOBER, 1905.

No. 10.

CATARRHAL AFFECTIONS.

BY OLIVE ATHERTON.

Prevalence of catarrhal troubles is the subject of their care and treatment of great interest to many people. Catarrh is commonly spoken of as inflammation of the mucous membrane. The disease is not always entirely curable, but may be, by treatment of the membrane. Good habits of living and thinking are much to do with the matter.

If the kidneys and bowels are kept moving with regularity and waste matter is thoroughly evacuated, catarrhal troubles, if they arise, are not apt to be serious. When deep breathing is practiced, the lungs free the system of waste in the manner ordained for the organs, there is scarcely a possibility of catarrh, unless the pores of the skin, the remaining outlet for impurities, are clogged. And as we are speaking of the habits of decent people, who have read much of the need for keeping respectably clean, they do not feel that much need be said of this score. In summer, people bathe, it is so refreshing. In winter it may not be as easy, but all respectable people like to "feel clean" and cleanliness is not neglected.

Many "respectable" people neglect the bowels. And many more neglect the lungs.

Therefore, extra burdens are laid upon

ducts that have enough work of their own to do. The machinery of the body becomes clogged. Colds become possible and catarrhal troubles follow.

One of the first directions to give, then, in treating a case of catarrh, is this: Be sure the bowels act freely each night or morning.

There is only one remedy for constipation that I allow myself to recommend—the enema. If the trouble is a mere temporary derangement, caused by an error in diet or a change of climate, certain mild laxatives may be efficacious and harmless. But for a settled tendency to constipation, nothing works but patience and enemata. I know of one woman who had been troubled with constipation from babyhood, who has completely cured herself. For years, she has been free from constipation and, therefore, well. All her many illnesses and irregularities of health were occasioned by constipation and they have gradually disappeared, one after another. One of the most annoying resultant troubles was a persistent catarrh of the throat and head.

This woman used the enemata (fountain syringe and warm water, at first, gradually substituting cold water) for more than a year, as occasion demanded never omitting a day. At first, there was

need, every day, for the "straining at stool" had caused harm. Even during the "periods," the enemata were used, but always warm at these times. A female inclined to menorrhagia would probably be obliged to omit a day or two monthly.

Before speaking of local treatment of head-catarrh, we will interpolate a word for those who are deciding that they must begin with treatment for constipation.

Many people who have neglected the bowels suffer, more or less, from hemorrhoidal affections. And we wish to say to such there is no more efficacious remedy than tannic acid. Ask any druggist and he will tell you that physicians of excellent standing prescribe it. It is very astringent.

The following is a very effective treatment for hemorrhoids:

First, cleanse the parts thoroughly with warm water, to which a little glycothymoline has been added. With a small syringe inject a little glycothymoline into the rectum and leave it there. (Directions with regard to proportions are given on every bottle of the glycothymoline. It is in very general use and is admitted to be one of the best preparations on the market for membranous affections.)

Second, after a few moments, during which time you have been preparing the ointment as suggested below, wash the anus with *cold* water.

Third, after drying the parts with a soft cloth (no rubbing, of course) apply the tannic acid, in the following manner: Apply, first, any healing ointment to the anus. Then spread more of the ointment upon some antiseptic cotton and place upon this all the tannic acid (powder) it will hold. Press over the anus. Aching and throbbing protuberances are

soon soothed by this treatment and persisted in, the natural condition restored. The tannic acid can be several times during the day.

We will now proceed to suggest treatments for post-nasal catarrh and word regarding throat affections.

In the first place, let me give: "don't."

Don't allow anyone to persuade to use any sort of douche for the except the fountain syringe. I have from a specialist in these troubles. Besides, I have the experience of a who had used douches and who was afterward directed to use the syringe. results were much better, both at a time of using and afterwards.

Don't use any *cold* or *cool* liquid in the nose. All the medical books and doctors who think to speak emphatically say this.

Don't ever "snuff up" liquid into nose.

Don't ever blow your nose after inserting any liquid into the nostrils. This practice is apt to cause ear-troubles.

We will now give the treatment which is good for use in any ordinary cold. It is the best treatment known for use, persistently, in post-nasal catarrh.

Dissolve one teaspoonful of Dittmer's sea-salt (obtainable at any druggist) in one quart of warm water. Place the water in a fountain syringe and hang the bag a little higher than the head, but not too high, as force is not required. Remove all hard tubes and with the syringe over a bowl, place the end of the soft rubber tube inside the nostril. Turn on the water flow. Use half the water in one nostril, half in the other. You will guess at the "half," well enough. The liquid will flow over and out the

1. Use this treatment, night and day.

2. If you wish to use an atomizer which will throw nothing oily substances into the nostrils, get the Tyrian Oil Atomizer.

3. 4. With this atomizer, even a ment can be sprayed (by first holding the bottle in hot water). Be sure to ask the druggist how to use it.

5. Without the long tube for the nostrils, use it, for the throat. Glycolene (of the consistency of oil) is very good.

Your druggist may recommend the Blondin mixture which is excellent.

6. This can be used as a second part of the treatment, and at intervals during the day, also, spray the throat and nostrils with healing oils.

7. I wish to add a word about "medicines." A person afflicted with post-nasal discharge is apt to have, at least, slight derangements of the stomach. Don't allow him to take any tonic or patent medicine, no medicine at all, but care for the stomach. If the stomach is bad for the stomach, bad appetite—even if it does seem to stimulate. Soothing, not stimulating, is what the patient afflicted with catarrhal affections needs.

8. Catarrhal affections of the throat which may be effectively treated

with gargles of the sea-salt and the glycolene spray), the nervous affections. The general rules laid down for health must meet these cases. And I shall suggest a remedy for hoarseness, irritation of the throat and tendency to cough, which may be thought strange, but which has proven most capable of bringing about results, whatever the cause of the trouble,—it is a strip of Allcock's Porous Plaster worn over the throat. The constant warmth and the strengthening properties of the plaster make it effective. I have known of persons who were contracting a severe, "hoarse cold," to receive almost immediate benefit from the relaxing influences of the plaster. And its use does not predispose to more colds but is conducive to health of the muscles and chords. Some people cannot wear a plaster, they say. I have never known of any who cannot wear the Allcock's. There may be better plasters for other ailments, for severe pain, etc., but for this affection, the Allcock's plasters are ideal. They certainly can do no harm; they are sure to do good. After wearing a strip for some time, a little care should be exercised upon its removal. Cleanse the skin thoroughly with warm water and soap, then bathe the throat with cold water. This will prevent a tendency to take cold.

9. Following advice, which is being given in various lay newspapers, is said to have been given by Rhazes, an Arabian physician, to his patients more than a thousand years ago: "Study carefully the character of the man to whose care you are to confide all you have most dear in the world—that is, your life, your health, your wife and children.

If the man is dissipated, is given to frivolous pleasures, cultivates with too much zeal the arts foreign to his profession, still more so if he be addicted to wine and debauchery, refrain from committing your life into such hands lives so precious."—*Journal of the American Medical Association*.

A CEYLON PLANTER'S HOLIDAY.

BY FRED. C. LUCK, B.A. (Cantab.), F.R.M.S.

Little leisure, less money, but plenty of spirits and health, had the half-dozen of "little masters" (as the coolie calls the assistant-superintendents on a tea-estate) at the date of which I write. With common-sense, and ordinary precaution, the Ceylon tea-planter's life is a healthy one, being chiefly spent in the open air, but lacking the charm of variety, especially in the more isolated districts. To most of us the invitation to attend an elephant-kraal brought the first chance of a holiday which had come our way since our arrival in Ceylon: so we were ready to make the most of it.

Our host was a grand old Sinhalese chieftain of aristocratic lineage, whose grandfather had been the last to submit to the conqueror, and whose son was a police-magistrate under the British Raj. Rumor had it that he himself had been a "bit of a bhoy" in his youth, and not above collecting taxes from a reluctant peasant by burying him up to his neck in sand. We knew him as a cheery, alert and courteous visitor to our bungalows; with a thirst both for whisky and information.

The elephant of Ceylon, the small-eared, usually tuskless Indian breed, is now carefully protected, owing to its dwindling numbers. The sporting planter, scant of purse and leisure, pays 100 rupees for a license to shoot one pachyderm: the titled globe-trotter is usually given a license gratis by a benevolent Government. Permission to hold a *kraal* is not readily given; usually 5

or 6 years elapse between each, and these are semi-official functions, expensive to visit, overcrowded and hampered with many restrictions. But the *kraal* in question was to be semi-private—the Government-agent and the Judge of the district were the only officials expected—and the situation thereof, far from the island centres, debarred visitors from coming from a distance. But to us, whose estates were only twelve miles away, a unique opportunity was offered of witnessing a seldom-seen spectacle under the most favorable conditions.

To describe a lengthy operation in a few words,—for some weeks previous to the *kraal* the native villagers, spread in a vast line across miles of low-country, and slowly edge all the elephants in that neighborhood towards the stockade, which is built around the only water available for miles. In the later stages of the drive, thirst causes the elephants to submit the more readily to be driven towards the water which they can smell from some distance away; but breaks-back are frequent, and in that case the work has to be done all over again—a serious matter for the beater, who, though theoretically paid, really gets little more for his weeks of arduous work than some rice and curry, and an occasional drink of arrack: a survival of the "raja-kariya" or compulsory service of feudal times.

Two days before the drive-in, our host sent us word to come along, so, sending ahead a servant and box-coolie



THE CHIEF AND HIS BADES IN THE WOODS.

we started in a bunch, some walking or two proud possessors of Austrians riding. Our path wound through tea-fields, then past vilthatched huts buried under coconut and toddy-palms, and through paddy (rice) fields of tenderest green which furnish the staple food of the island: finally past the "walauiwa" residence of the chief. This was surrounded by a wall and watch-tower whereon was a watchman, ever vigilant, armed with bow and arrow. A little further and we reached our objective, a collection of thatched huts, built near the rivulet and garden waters were surrounded by a grove of the kraal. Among these was the abode, built by the estate manager who had been sent down a few years (previous) of some yards of jute-

hessian, talipot-leaves and a few posts. It was a comfortable enough hut, and possessed a kitchen which proved its practicability by setting fire to and consuming itself during the process of cooking our first meal. A stroll to the stockade, which was built of huge logs of ebony and satinwood (valueless because of lack of facilities for transport) tied together with jungle-rope, a species of tough creeper—a stroll round the camp and a chat with our host, occupied our first evening in camp: the mosquitoes occupied our attention for much of the night, and our lullaby was the deep gurgling of the tame elephants, tethered in pickets near our quarters, till their services were called for.

Next morning we joined the ranks of the beaters, away out in the jungle, reaching them by a circuitous route.



OUTSIDE THE STOCKADE, READY TO REPEL A CHARGE.

Heat, thirst, the vegetable weapons of the jungle and the persistent attacks of countless insects sent a wilted band of enthusiasts back to camp for the mid-day meal; and a ride on the tame elephants when taken to water in the afternoon—a ride as on animated bristle

brushes—completed our bodily discomfort. That evening and next day all kept as quiet as possible, for the elephants had been driven close to the stockade, and a very slight alarm would have turned the suspicious, uneasy brutes back on the line of beaters in unmanageable confusion, when a month's hard work would be to do over again.

On the evening of the third day the line of beaters was reinforced, and at a given signal closed in behind the herd, accompanied by a pandemonium of guns, fireworks, rattles and yells. For us, as we lined the sides of the stockade, there was a moment of suspense and then the huge beasts burst through the undergrowth in a resistless mass, surged in one vast wave down the converging sides of the entrance, burst through the dark and silent entrance, and then the ponderous bars of the gate dropped behind the last of the maddened brutes. The red glare of the torches lighting up the waving trunks and hurtling bulk of the elephants, the surging, yelling crowd of beaters and spectators and the background of sombre jungle, combined to



THE CAPTIVE HERD.

a most impressive spectacle. The elephants, armed with spears and muskets, were posted round the sides of the kraal to check any rush for freedom, and the captives were left to enjoy the denied water and to quiet down in the shade.

Next afternoon the noosing began, and we witnessed from "machans" or platforms built round the stockade. The elephants were driven in, each with two men on its back, one to drive, two to hold nooses of green jungle-rope. An elephant being singled out, two tame ones crowded it on each side, and they distracted its attention by touching it with their bodies and fanning it with their trunks, the noosers

knelt down, tickled a hind leg with the rim of the noose till it was lifted, then slipped the noose under and pulled it, and passing the free end of the rope round a handy tree, tied it to a part of a tame elephant's harness. A game pull devil, pull baker," followed, two tame beasts pushing and pulling till the wild one was drawn close up against the tree, to which it was finally secured by additional shackles of green jungle-rope. The strands of these were twisted, making it impossible for the elephant to struggle to snap the rope—the

result being to fray the thick hide into a sore. The tame elephants, trained with marvellous intelligence, and the wild ones took no notice whatever of the men on their backs. The contrast between tame and wild was very evident, the former being fat, sleek and brightly colored, the latter, thin, ragged and covered with a coating of dried mud to protect it from the bites of insects—to which, beneath his thick hide, the elephant is very sensitive. Two cow-elephants were



A ROGUE ELEPHANT.

accompanied by their calves; the youngsters fought harder and made more noise before they were secured than the adults. One of our party entered the stockade to see one of the youngsters captured, when its mother charged down on him. He turned to fly, but would have been caught before reaching the barrier had not the chief's son met the brute's wild charge and turned her by driving the spear he carried into her trunk—a brave act, pluckily and quietly done. An old "rogue" bull, who delayed operations by charging indiscriminately, had to be shot. There are only two vital spots on an elephant's body—in the head and behind the shoulder—and it took nine bullets to bring him crashing down.



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ANCIENT AND MODERN FENCING.

BY FRED GILBERT BLAKESLEE,

[This is the first of a series of articles descriptive of the ancient and modern methods of fencing. The author of these articles, Fred Gilbert Blakeslee, is a well-known authority on this subject, and has contributed articles regarding it to some of the leading encyclopedias. He is also the author of a book called "Sword Play for Actors," which has won the endorsement of such great authorities on fencing as Captain Hutton and Egerton Castle, and of such eminent actors as E. H. Sothorn, Kyrle Bellew and James K. Hackett. The illustrations which appear in these articles are similar to those used in his book and are reprinted here through the courtesy of his publishers, The M. W. Hazen Company of New York.]

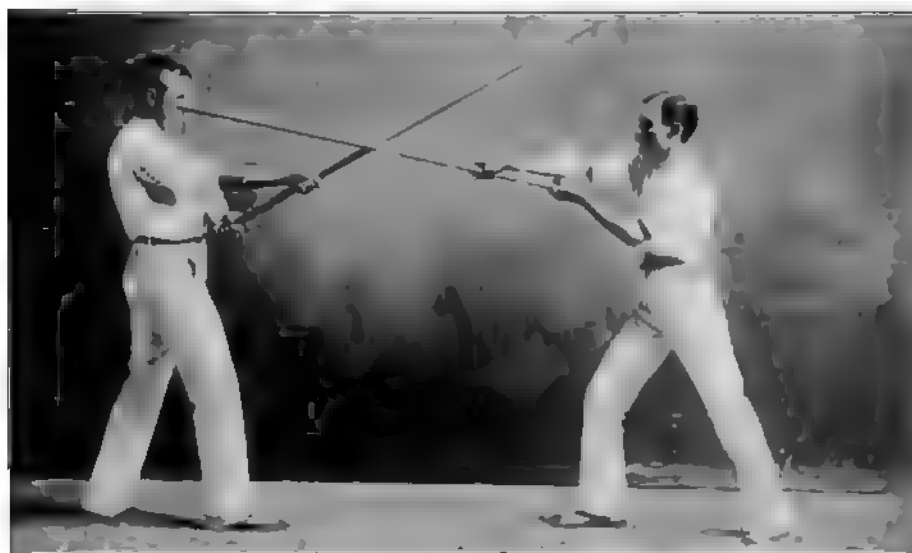
This first article treats of sword play as it existed prior to the eighteenth century.]

For many centuries fencing was rightly considered the most important of all the forms of athletic exercise, and a knowledge of it was considered a very essential part of the education of a gentleman. It is only within the past hundred years that the art of sword play has fallen into comparative disuse, and yet, strange to say, it is better understood now by those who follow it as a sport, than it was by those to whom it was a necessity.

It will be the purpose of the author to show in this series of articles how the crude edge play of the Middle Ages came to be transformed into the highly-scientific point play of the modern *salle d'arms*, thus giving in a general way the history of the sword and of its methods of use. It is useless to try to trace the history of the art of fence further back than the sixteenth century owing to the lack of existing data regarding it. The Grecians and Romans are supposed to have had definite rules regard-

ing the use of the sword, but only theorize as to what it was. About the middle of the sixteenth century, however, fencing books began to make their appearance, and as these volumes have been preserved in libraries and private collections, we are enabled from this point to substitute facts for theories. The sword of that time was a cumbersome weapon with a plain cross hilted guard, and a straight, double-edged blade. It was used almost entirely for striking, the thrust being then deemed of secondary importance. When fighting without armor, a helmet was worn; when with armor, a visor was worn; reliance was placed on the sword for protection; when without armor, the combatants relied chiefly upon agility for their safety, but when with armor, the sword itself formed the chief means of inflicting and receiving blows. Two swordsmen would, when fighting, circle each other after the manner of a cat, jumping in and delivering a cut when they saw opportunity, and then jumping out of danger.

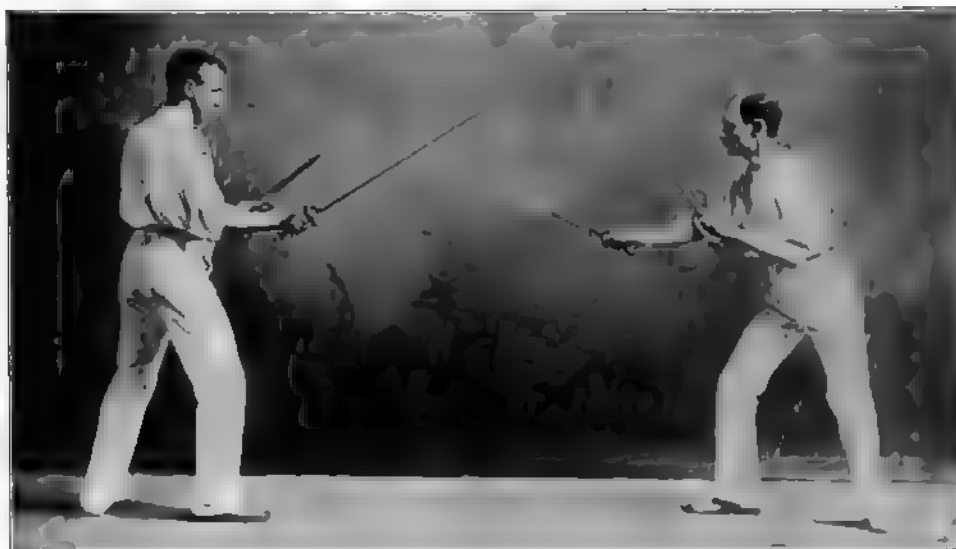
When fighting without armor, a circular shield was often carried, and when with armor, which parries were made, the sword being delivered as the parry was made. This method of fighting, which was called the *fence of the sword armé*, was very popular in England prior to the reign of Queen Elizabeth, and it was with considerable reluctance that it was given up for the more rapid rapier and dagger play which came into use during that sovereign's reign.



ATTACK AND PARRY OF TIERCE WITH GREAT SWORD.

Swiss and some of the German soldiers of the early part of the sixteenth century had a system of fighting with a great two-handed sword which the sword itself was used for both offensive and defensive purposes, and which, in a very natural way, may be said to be the parent of the present, highly-perfected method of fencing. When fighting with the great sword, the left hand grasped the hilt just above the pommel and the right hand just below the cross-guard. The blows were delivered by swinging the sword in wide circles over the head, or to the left or right of the body, the circle being made in an oblique, vertical or horizontal direction; parries were made by carrying the sword to the right, or left, or above the head, its true edge being turned so as to meet the true edge of the opposing weapon. An illustration of this method of fighting is given in one of the cuts accompanying this article, the weapons used being sticks instead of great swords.

About the middle of the sixteenth century, when armor had practically ceased to be worn, the Italians began to realize the fact that a thrust was more deadly than a cut and that it could be delivered more quickly, and they accordingly introduced changes into their method of fencing to correspond with that idea and altered the form of their swords to meet the requirements of their new system. The changed weapon, which they called the rapier, had a much narrower and consequently lighter blade than that of the weapon which it replaced, and to the plain cross hilt were added a cup-shaped guard, a knuckle bow and curving counter-guards, which afforded ample protection for the hand. The handle of the rapier was shorter than that of the common sword and when fighting, the forefinger was passed over the right quillon (the hand being sheltered behind the bell-shaped guard), thus greatly strengthening the grasp on the weapon. With the early rapier, a dagger was al-



GUARD OF TIERCE WITH RAPIER AND DAGGER.

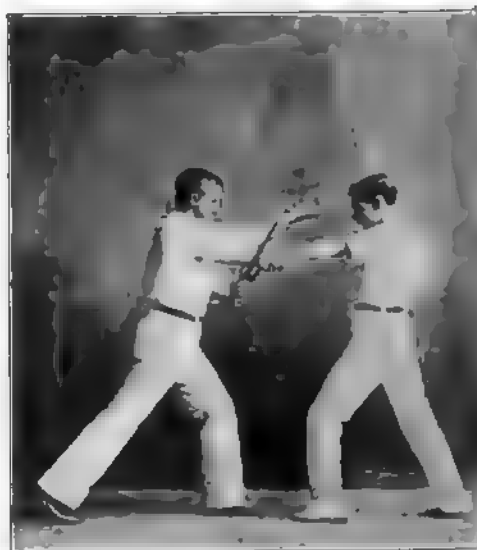
ways worn which when engaged in combat was held in the left hand and used for parrying attacks delivered against the left side of the body; the sword itself being deemed sufficient protection for the right side.

The rapier and dagger fight was the most picturesque and spectacular method of fence which ever existed. It had nothing of the courteous salutes and restricted play of the modern school of fencing, but was a fierce, mad assault in which all attacks were deemed fair and nothing (except the wearing of secret armor in a duel) was barred. The two swordsmen usually stood facing each other, each with his right foot some six or eight inches in advance of his left one, his body inclined somewhat forward, with his sword in his right hand, and his dagger in his left.

The hand holding the sword was at about the height of the waist with the arm well extended, and the point of the weapon threatening the opponent's face;

the one in which the dagger was held was in front of and near the body with the thumb resting against the back of the blade.

The dagger was never held when fencing with the thumb resting against the



RETURN WITH DAGGER AFTER PARRY WITH THE SWORD.

pommel as it is commonly depicted by modern artists.

The weight of weapons precluded the making of any but the simplest of feints, and reliance was placed chiefly upon timing in the delivery of an attack. All attacks were divided into three general classes, those delivered above the dagger of the opponent were called "imbroccata," those below it "stoccata," those outside the sword, or between the sword and the dagger, "punta riversa."

Although the dagger was used chiefly for parrying, it became a weapon of offense whenever the two combatants came to close quarters, and a very dangerous weapon, too, for a dagger thrust was much harder to parry than one given with the sword.

The use of the dagger without the sword was also taught extensively by the ancient masters, and unarmed men were shown how to best defend themselves against attacks of this nature. It is a curious fact that many of these methods of defense which appear in the old Italian fence books are identical with some of the jiu-jutsu tricks of the Japanese. A cloak was sometimes used with the rapier in lieu of the dagger, it being wrapped around the left arm and held in front of the body. Parries were made with the loose folds and not as might be supposed with the portion wrapped around the arm. The great danger in this style of fighting was that in a protracted encounter the weight of the cloak

was apt to drag the arm down and thus leave an opening for a thrust; great care had also to be taken to see that the folds of the cloak were kept clear of the body, for as one of the prominent masters of the period points out, "The cloak is no protection if it has a solid part behind"; in other words, the folds of the cloak, if clear of the body, would dash aside a blade, but if the cloak rested against the body the sword would penetrate it. Expert fencers of this period sometimes fought with two swords, holding one in each hand. This style of fence, which was similar to that of the rapier and dagger, possessed the advantage of enabling a skillful swordsman to attack his opponent with either weapon without exposing himself to the danger of coming to close quarters.

Single rapier fencing, that is, fencing with the rapier alone, without the aid of any adjuncts, such as the dagger, or the cloak, became common during the seventeenth century and retained its popularity until the following century, when the rapier was supplanted by the small sword, and the art of fencing as we now understand it came into existence.

The modern foil represents the small sword, and it is used in the *salle d'arms* in the same manner that the latter weapon was on the field of honor. The system of fence employed with it will be described by the author in the next article of this series.

An Englishman has invented a clock that will run for 2,000 years. The motive power is a small piece of gold leaf which is electrified by means of a very small quantity of radium salt. The gold leaf bends away from the metal substance and keeps moving

under this influence until it touches the side of the containing vessel. At the moment of contact it loses its electrical charge and then springs back, and is again electrified and the process is repeated.

THE MEDICINE BALL AS A HEALTH BUILDER.

BY PROF. GILMAN LOW.

The medicine ball relative to the building of one's health, is one of the strongest features connected with physical culture; yet it has been sadly overlooked, and at the present time, too little importance is placed upon its worth.

There is hardly a muscle, fibre or tendon, attachment, air cell, or blood vessel that cannot be reached by proper and judicious work with this ball,—and yet how few really know what the medicine ball is. It is most surprising to me when I talk with some physical culture enthusiasts (even those who have been working along some line of physical culture for two or three years), that they actually do not know what sort of an object you have reference to when you speak of the medicine ball; they do not seem to know whether it is something to eat or something to wear around the neck on a chain.

On more than one occasion, when using it with pupils, I have termed it

HEALTH'S LIFE PRESERVER.

I have reached certain parts of the muscular construction with the aid of this ball that I have been unable to touch with any degree of satisfaction through any other source. But in cases of this character a great amount of skill must be attached to its use, not only by the teacher, but the teacher must install this skill to a greater degree into the pupil if he would always acquire the desired results; and I might add, that lack of this skill in its use, is one of the principal reasons why this wonderful little ball has been so far held back and neglected.

Many (*poor*) reasons can be "handed up" why so few use this ball,—paratively speaking; but the best my twelve years as a Health Director prompts me to say is—Simon-purposeness; another,—that often repeated tiresome phrase—"I haven't got time."—Now, everybody has the time, at least finds the time, to eat. Everybody will also find time to die when the opportunity presents itself;—and, I can assure you it will come round much quicker without the use of the medicine ball than with it. This is just as sure as you are breathing the breath of life, while you are living this. Do not get the impression, *just reader*, that I am booming this. I assure you, such is not the case. I do so purely from a humanitarian standpoint. I speak of its merits. Years of successful and well-studied experience with the life-giver has taught me its many and healthful uses.

There are a few teachers who use the medicine ball in connection with their work, but the proportion is so small, that they are in a very small minority. Now the face of it does not speak very much for the ball, but let us get at the bottom of it. The same reason applies equally as to the teachers as it does to the playgroundman. "Laziness" and "no time."

In order to accomplish any work through this medium the teacher must work as well as the pupil, and *hard*, too.

If he expects to accomplish any work with a pupil without working with him, he might as well forget that such a thing as the medicine ball exists.

her thing that is a great mistake eacher's part is to pit one pupil another and tell them to "go at it" while he lies stretched on a couch g the daily papers; his two young and sometimes four or more, are g to the best of their ability, it , but in the wrong direction—in- v. The result is they are tired ough their false, misdirected and esting efforts, and when they orked themselves out, he (our re- teacher) will suggest some such , as, "Great work, ain't it?" The ired pupil does not say no, neither

There are many ways in which this wonderful ball can be used; individually, in pairs, and in groups ranging from three to twelve; more if desired, but more than this would not be practical.

I will confine its use in this article between two and four, including a referee. In groups where from four to six persons participate, two or three balls can be used most advantageously; and in this case of course, requiring far more speed on the part of the players to successfully handle the extra ball.

The accompanying drawing showing two men at work represents the proper



e venture a yes, *but*—he thinks t deal on the subject, and it is , say, *most unfavorably*.

?—simply because it was not interesting to him, he was not off right; and resulted in a dam- ving been placed on his desire for ight have been so interesting as ; beneficial to him. Had he been at the beginning its true worth nailing qualities, he would not stayed away from the following three lessons, as I have known to t in such cases; denying him a ge which he really craved and was otherwise interesting to him.

position in delivering and receiving the ball. In this drawing it shows the ball having just left the hand of No. 2, speed- ing directly into the hands of No. 1.

The position of No. 2, the athlete in action, shows great speed and strength in delivering the ball, and acquiring a speed at the rate of fully one hundred and sixty miles an hour; in some cases even greater speed can be reached,—if played between two highly skilled and equally as well developed athletes as the illustration represents.

There is hardly a muscle in the entire body that is not reached to some extent; and the most of these undergo a great

deal of work through the delivery of the ball. Especial benefit is given all the muscles of the hands, fore-arms, biceps, shoulders and neck; the waist is corrected, and if too large, reduced; if too small it is filled out properly and made symmetrical. It is needless to say the legs are in constant action from this position and acquire far greater strength and speed than before indulging in this sort of play. The rotary action of the body when the ball is delivered at so great a speed, acts as a tonic to the circulation and greatly strengthens the entire back, chest and abdomen. This, of course, necessitates reversing the action and throwing as much with the left arm as with the right.

The position of No. 1 shows the athlete ready to receive the ball. In this position the player gets more or less rest between the time the ball leaves him until returning to him. However, in this position resisting force is brought very much into action in stopping the ball delivered with such great force. It acts as a massage to the hands and the raised fore-arm, where the force of the ball is checked before it wedges itself into the hands in a position ready for a return delivery. This position should also be played by reversing the arms and feet.

The effect on the system by first delivering the ball then immediately receiving it is very greatly marked, because of the quick change from one position to the other. Alternating opposite actions between the players, especially when voluntary, always insures the greatest benefit to the health and this is just what occurs in a two-hand play with the medicine ball.

There is a lapse of only a few

seconds between the act of delivering the ball, receiving it and back to the original position of delivering it again. And it is safe in saying that this ball is one of the few appliances connected with exercise, where the organs receive as much benefit as the muscles themselves; and a very necessary feature in order to promote and retain one's health.

The game of Cross Pass, a game which I originated and perfected some five years ago, in this installment appears for the first time in public print. It has been thoroughly tested and has proven to be a game of great interest as well as supreme benefit to both mental and physical forces.

Rules for Game of Cross Pass.

The players must be in the illustrated positions over four distinct circles, eighteen feet apart, numbered as shown in drawing. Nos. 1 and 3 choose lots as to which side shall have the privilege of throwing with two hands. Illustrations show Nos. 1 and 4 entitled to that advantage over Nos. 2 and 3. With two hands they can attain more speed and quicker action than can Nos. 2 and 3—which are privileged to receive and deliver the ball with *only* one arm throughout the game.

At the report of the pistol both must deliver the ball at the same moment through the same space or linement.

From the fact that No. 1 uses both hands his ball will cross the point indicated by the star a trifle sooner than the ball from No. 3 and at the same time having passed the ball from No. 3 as this ball is approaching the star. Hence its name *Cross Pass*.

The two balls being obliged to pass the same invisible point in the atmos-

om having been thrown at the
nent, the successful passing of
advance of the other is wholly
by the speed of one over the
os. 1 and 4 are sides against
id 3, and any point No. 1 or 4
e is credited to that side, and
with Nos. 2 and 3.

3, by using only one arm, is
in striking the ball thrown
1 with *his* ball, and thus throw-
out of line and preventing it
g to No. 4, No. 3, by such ac-
es 10 points on the game. This
Bunting." If his partner catches
under such conditions 10 more
e credited to that side, while
hat their points count is taken
side of Nos. 1 and 4.

a point where the players who
rtunate enough to be handi-
ith the use of only one arm,
rive to score, and in many in-
ey will be successful; as some
rove to be as quick and strong
arm as others are with two.

yers must stand astride the cir-
their respective positions, and
ne player steps any part of
t inside of his circle this care-
will take 10 points away from
on which it occurs. The circles
about 10 inches in diameter.
ery successful delivery and safe
f the ball on its respective
oints are scored. If any one
ils to catch the ball from the
he loses 5 points. If either
e and successfully catch 50 de-

liveries, 300 points are credited to that
side. 1,000 points constitute the game.

A referee starts the game by a pistol
shot and all deliveries of the ball after
the first delivery are subjected to the
referee's "ready,—play," and at the word
"play," the ball must be delivered with-
out any hesitancy. If any player "balks"
at this point, the referee must cross off
5 points from that side. If the side using
only one arm is quicker with the ball
(which is not probable) than the side
using both arms, and succeeds in getting
in the path of the ball coming from the
opposite side, that side, (or the
side using both arms) loses 5
points; and if the side using only
one arm succeeds in crossing the star
(which is understood to be an invisible
feature of the game) in advance of the
side using two hands, 15 points are cred-
ited to that side while the two-handed
side remains the same. If the ball from
both sides strikes in a "dead break" and
their force retarded equally the same,—
causing both balls to fall to the ground,
then both sides must sacrifice in points.
The one-handed side loses 5 points, while
the two-handed side loses 10 points.

One side is to be known as "one-hand
position," and the other as "two-hand po-
sition." To make a successful game the
athletes should be as evenly matched as
possible. It is the duty of the referee
to keep score.

Next month the second installment
will appear introducing entirely different
features pertaining to the Medicine Ball.

hemical factories of Japan, in-
paper and ceramic mills, are
a government report to num-
Salt is made in seventy-five,
eutical products in forty-

three, illuminating oils in ninety-five,
matches in forty, colors in fifty-three,
gas in four, incense in six. The em-
ployees number 38,591, of whom 19,-
583 are women.



CONDUCTED BY HARRIET HEMIUP VAN CLEVE.

OCTOBER.

"Autumn's earliest frost has given
To the woods below
Hues of beauty, such as Heaven
Sendeth to its bow."—WHITTIER.

"Summer gathers up her robes of glory,
And like a dream of beauty glides
away."

This is the benediction hour of Nature. The days are calm and placid and shed tranquillity and thankfulness over the landscape. The orchards groan under their weight of delicious fruit. Gold, red and brown shimmer on every side, and are reflected in the water below. The heart of earth seems to be taking a needed repose. Everywhere is plenty; the granaries are bursting with gathered harvests. The old farmhouse glows with reflected color from the pile of great yellow pumpkins, huge mounds of rosy apples, the deep red of the onion, the gold of the turnip and green of the cabbage, which lie in generous heaps at the door. The busy farmer pauses and lifts his eyes in thankfulness to the Lord of the harvest. A hermit thrush far up the vale sings his vesper hymn of praise; while the swallows, seeking their evening meal, cir-

cle high up above the fields without an effort, twitter softly now and then, as if they, too, were giving thanks. The maple trees are slowly but silently carpeting the earth with rare tapestries.

Surely, I said as I came to the top of a long hill on my evening ride, I have found the land of enchantment and contentment. It lay stretched out before us in the moonlight, the sharp peaks outlined against the sky, the vast ridges of forest sinking smoothly towards the valley, the deep hollows gathering purple shadows in their bosoms and the little foothills standing out in rounded promontories of softer silver from the darker mass behind them.

And although we were ignorant of who owned a foot of the country it was all ours, from crested cliff to wooded base. We enjoyed and loved each object; they all ministered peace and joy to us; they were all ours, though we held no title deeds and our ownership has never been recorded. What does it profit a person to be a landed proprietor of countless acres unless he can reap the harvest of delight that blooms from every rod of God's earth for the seeing eyes and the loving spirit? The most that a large principality can yield to its legal owner is a living. But the real

gather from a field of golden-gold under the October sun-drous delight. We measure accumulation. The measure The true measure is appreciation: who loves most has most." October days, so full of beauty and color, of cloudless skies and spring, make us very rich, for all mine and yours. We can have them, we don't want to. Surely a great proprietor.

Japanese have a charming legend for the earthly origin of the peach and delicious peach. According to the fruit was bestowed as a reward for the unselfishness of a pious woman who in their extreme old age refused to subsist entirely upon the food they could obtain by begging in the highways.

One day the woman found a beautiful peach by the roadside, and although she wished herself, she unselfishly refused to divide with her husband.

When she began to cut the fruit, it opened like a book and an infant sprang out. He told the trembling and trembling beggars that he was the god of the peach and had accidentally dropped from the orchard in the Japanese heaven to play with the other gods and goddesses.

For releasing him from the peach which had deservedly been honored above all other fruits, Shin-To told the old couple that they could have as many children as they wished, and assured them that the peach would make them wealthy. The woman ate this exquisitely-fleshed fruit, and the child of amber and sun-kissed crimson came down from the garden of the peach to stain and delight the wonder-people of Japan.

USEFUL HINTS.

A high stool, and a camp chair or easy chair of any kind, are two of the best friends to have in a kitchen.

The high stool saves strength, and rests the feet when washing dishes, when ironing small pieces, etc.

The camp chair is light and can be easily lifted and carried about the kitchen or out of doors.

Never stand when peeling potatoes or apples; a little thought will save many steps.

In making buttonholes in goods which fray easily, it is a great help to stitch twice around on the sewing machine before the hole is cut, as a firmer foundation is secured and no fraying results.

To keep mice out of the house pour oil of peppermint round the holes.

Chamois is one of the few things which comes out smooth and soft from washing if wrung directly from the soap-suds without rinsing in clear water. The latter process tends to harden it.

Drippings from a candle can be taken out of cloth by ether.

Keep a flat file in your kitchen drawer. It is the best thing in the world to sharpen knives with.

A loosened knife handle can be satisfactorily mended by filling the cavity in the handle two-thirds full of powdered rosin and brick dust, heat the shank of the knife, and while very hot, press it into the handle, holding it in place until firmly set.

An old-fashioned brass stewing kettle makes an attractive *jardinière*. They are very fashionable just now.

It occurred to me last fall, when all the flowers were gone, that a mullein would be attractive on our dining-room table. Accordingly I brought one home, pulled off the dried leaves, and, leaving the greater part of the root, placed it in water, where it thrived all winter.

GOOD HOUSEKEEPING.

Pine cones make a delightful open fire. They can be gathered in the fall and stored away, or brought home from the summer outings, they will fill the air with resinous odors, bringing back memories of summer days.

A blue straw hat that has begun to fade may be freshened by painting with liquid wash bluing.

After pressing autumn leaves in a book for a few days, dip them in hot paraffine and blow until cool. This will preserve their color indefinitely.

RECIPES.

"Bad men live that they may eat and drink. Whereas good men eat and drink that they may live."—SOCRATES.

APPLE SAUCE CAKE.

One cup of sugar, one-half cup of butter, a little nutmeg, one-half a teaspoonful of cloves, one teaspoon of cassia, then one cup of hot unsweetened apple sauce containing a teaspoon of soda previously dissolved in a little hot water. After it is done foaming and beaten well

with the other ingredients, add one and three-quarters cups of flour sifted over one cup of seeded raisins. Bake in a loaf tin forty-five minutes in a moderate oven.

BAKED TOMATOES.

The following recipes will be found delicious, and "HEALTH" is under obligation to Mrs. Parish of the *Designer*, for them:

Tomatoes a la Italienne.

Take six medium-sized tomatoes, cut a small piece from the stem end and carefully remove the seeds. Boil two ounces of macaroni, chop fine, season with half a teaspoonful of salt and two dashes of cayenne or tabasco pepper; add one egg, three heaping tablespoonfuls of grated cheese. Mix, and fill the tomatoes. Sprinkle bread crumbs over the top and bake in a moderate oven one hour.

With Rice and Nuts.

Cut four large tomatoes in halves, and carefully scoop out the center and seeds. To a large cupful of boiled rice add half a cupful of chopped nuts, either English walnuts or pecans, add a teaspoonful of salt and a dash or two of white pepper. Mix and fill the tomatoes. Cover with bread crumbs and bake one hour in a moderate oven.

With Liver.

Remove the centers and seeds from six medium-sized tomatoes. Have ready one large cupful of cooked calf's liver chopped fine. To this add one-fourth cupful of bread crumbs, and one teaspoonful of paprika and two eggs. Mix and fill the tomatoes. Cover with bread crumbs and bits of butter, bake about one hour.

GRAPE FRAPPÉ.

three pounds of ripe grapes in an earthen jar, set in a larger vessel of water, cooking until the skins burst, then extract every particle of juice, return this to the fire in a granite mortar, adding to every cupful of liquid one-quarter of a cupful of sugar, the juice of one orange and a half cupful of lime syrup; simmer slowly for about seven minutes to the consistency of mush. Then stir in half a cupful of whipped cream, flavored with a few drops of mint extract, continuing to stir until smooth and firm. Serve in elegant cups and decorate with a sprig of fresh mint.

CONCERNING WOMEN.

Margaret Astor Chanler, of New York, who is connected with many of the old Knickerbocker families of the city, and who has done much to improve women in municipal reform, has entered into a new venture. She is to model a dairy, creamery and stock farm on her fine summer estate at Tarrytown.

While she enjoys an income of about \$30,000 a year, yet the business will be conducted on strictly business principles.

The new dairy is to be modeled on hygienic and scientific lines.

It will be, in a way, an experiment—the housing of the cattle, their care, the construction of the dairy and everything will be carried out in accord with the best ideas developed by the board of directors.

Chanler is a great grand-daughter of the original John Jacob Astor.

most valuable piece of furniture in the whole house you may be letting go to rack and ruin for want of a little pains. You will find it in your own room, in front of your own mirror.”—JEROME K. JEROME.

There has been formed in New York “The Woman’s National Household Alliance.” It is thoroughly national in scope and purpose. It supplies help and finds positions throughout America, and even for Americans abroad. While its headquarters are in this city, the Alliance plans to open branches in other parts of New York and in other cities throughout the continent as rapidly as they are needed. The manager is Mrs. Louise Healey, with headquarters at 66 West Thirty-sixth Street, New York city. The Alliance has been incorporated with ample capital to provide for the greatest development. It is a medium through which housekeepers may obtain competent servants, and insuring good positions to good help. Mrs. Healey is well fitted for her new work, having conducted a women’s domestic guild in New York for two years with astonishing results. She will be aided by a large board of patronesses.

It is attempting in a comprehensive way to find out the solution of the vexed domestic service problem, and should have the hearty co-operation of every woman interested in making her home better and happier.

Not far to our Father’s home—

A little way

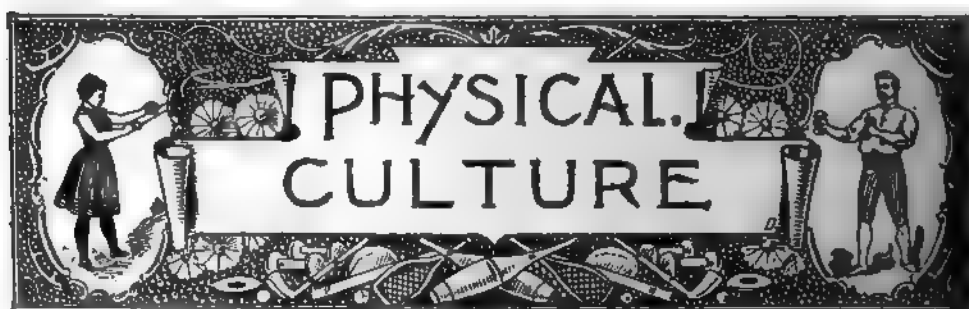
Across the moonlight foam,

And flying spray,

And then—the shining dome.

And heaven alway.

good madam, you polish your
you scour your kettles, but the



CONDUCTED BY PROF. ANTHONY BARKER.

WRESTLING.

ARTICLE V.

These illustrations especially posed by Prof. Anthony Barker and Al. Treloar
"The Perfect Man."

In the preceding four articles of this series we have discussed the practice of wrestling mainly as an exercise, to be engaged in for that purpose and not with the immediate object of throwing your antagonist. In this and the next and last articles of the series, I will attempt to describe some of the more advanced methods of attack and defense used by the best wrestlers.

The greatest catch-as-catch-can wrestlers are the simplest in their methods. It is always noticeable that amateurs use a great variety of complicated holds. The great professional wrestlers use only six or seven locks and rely on their skill and judgment in judging the balance and time of their opponents to use these holds effectively.

So far, in preceding articles we have studied two principal methods of attack in the standing up position, slipping behind and lifting around the body, and "cross-buttock" holds as shown in the fifth and sixth photos in Article IV. As has been stated in both Graeco-Roman and catch-as-catch-can wrestling, a clever wrestler can very rarely be thrown directly from his feet, to his back on

the mat. It is first necessary to "get behind" or above him. There is still one method of doing this while the men are still on their feet, which we have not yet described, and this is by means of "clicks" or trips. The word "click" is an old English wrestling slang or technical word, sometimes spelled "cleck." You will hear it used by the old Cumberland and Cornish wrestlers, many of whom have come to this country to work in mines. The copper country of Michigan and some of the mining regions of Pennsylvania are still great places for wrestling, the sport being fostered by a love for it which is generations old in these Cumberland, Westmoreland and Cornwall men. At their matches, many of the old and quaint wrestling expressions are still heard. For instance, the referee is called "stickler," and when, in his movements, he obstructs the view of the spectators, they shout out, "Move around, stickler." As the spectators are all around and he is in somebody's view all the time, the poor "stickler" is kept on the move continually.

Photo 1 shows the outside "click." It is simply a sharp blow on your oppo-



PHOTO I.

kle with your opposite foot, acted by a sharp sideways push on

It can only be done when he is comparatively straight. To get your foot within reach draw him forward by the head till he steps, then the "click" with all your weight and suddenness on his forward foot. The effect, if well done, will be to throw him on his side. You can then drop on top of him and follow your advantage.

In the position of the third picture of this series, the contortions and contortions indulged in by amateurs are almost beyond de-

Professionals, however, use various methods of attacks. One of the best for the hammer-lock, has already been described. Another attack begins with the half-hold on the far side. The simple one is good but it leads to a clever one as will be seen. Photo 2 shows Nelson on the far side, reinforced with your other arm. As you pull on his neck, if his arm near-

est you is free he will depress his shoulder nearest you, and free the arm and shoulder and twist out of the hold as shown in Photo 3. He does this by executing a sort of side step on his knees away from you after his nearest arm is free. To prevent this, when you first take hold, pull him up close to you and block his near arm with your knee. (Photo 4.) You can then cause him to roll over forward over his own head until his shoulders are nearly on the mat. You can scarcely hope to gain a fall with this hold, but you can tire his neck, so that he will perhaps fall a victim to something else. Remember you must be ready in the twinkling of an eye to grab him around the waist again, squarely from behind if he should attempt to get on his feet again. Otherwise you will lose the advantage you have gained. If he gets to his feet, stick to him like a leech with both your arms around his waist from behind, heave him in the air and bring him to the mat again as at the first. On the other hand, if you are the under man, keep your feet gathered under you like a sprinter awaiting the pistol and when you feel the slightest relaxation of your opponent's grasp, make a spring and try



PHOTO II.



PHOTO III.



PHOTO IV.

to jump to your feet and get free from him and turn your face to him.

Work the half-Nelson on the far side strongly several times, putting it on suddenly and blocking his near arm each time as in Photo 4. Now comes the strategy. Make a move as if you were trying the half-Nelson again and missed it and fall forward over his head to a position shown in Photo 5. Finding you

in front of him your opponent will instantly try to grab you around the waist from behind and place himself on top. Just as he starts this move, swing your nearest arm around his neck and your other arm under his near arm and you can imagine the rest. (Photo 6.)

This is no doubt the very best single trick in all wrestling. Its only drawback is that only the cleverest wrestlers



PHOTO V.



PHOTO VI.

will bite on it. Frequently your opponent will be so stupid that when you have thrown yourself into position of Photo 5, he will not know enough to try

to grab you. In that case just stay there a few seconds until he wakes up and then put it on him as in Photo 6.

THE LOGIC OF HEALTH.

By A. WARREN.

Organized life is a process of growth and decay. What causes it and how to preserve it are the two questions which lie at the foundation of all philosophy. The logical mode of inquiry in this, as in all other questions, is to observe all the obtainable facts and admit nothing without adequate proof. This method has not been strictly pursued. It has been assumed that matter, out of which all organized bodies are formed, is lifeless until it has life imparted to it by some person or thing, which is not matter, but which it is assumed, has life within itself. This initial mistake vitiates every argument which is constructed upon it, as it has been proven beyond

controversy, and it is admitted by all scholars that force is one of the essential attributes of matter. The question thus becomes that of the transmutation of energy. Is this true, or is it not?

Force is classified by the direction in which it is manifested. If toward a centre, it is called attraction. If in the opposite direction it is called repulsion.

Affinity is not a force, but is that which may be regarded as the mysterious cause of attraction. It is therefore not admissible to classify affinity as one of the forces which are displayed in organized bodies. Neither is it scientific to say that gravity cannot be transmuted. Chemical attraction is gravitation of

atoms, and capillary attraction is caused by the pressure, or gravitation of the atmosphere. Facts have been proven incidentally and directly, sufficient to convince any unbiassed mind that all matter is inherently alive.

Organization is association. What is called vital energy originates in the chemical action of the stomach upon the food that is taken into it. Chemical action passes into polarity, which is the vital energy which drives the machinery of organization. This again glides into thought consciousness and volition. This view is supported by analogy.

Take the human society, for example. We are organized, first, into families, then into municipal groups, then states and nations, then races, and finally we feel the ties of kinship with all mankind. Association is a law of nature. The atoms that are embodied in the human form are still more akin.

If these propositions be accepted, we have the key to the problem of health. If there is the proper affinity between the tissues of the organism and the nourishment that is presented to them in the blood, the organism will be in a healthy state. Health is harmony. Disease is antagonism. Nation wars with nation; families have quarrels; and neighbors have lawsuits. These associations are not in a healthy condition. It follows that our lives are in our own hands. If we fulfill the conditions, there is no one to take them from us. The vital energy which drives the entire machinery of the association is originally imparted to us by our parents. It generally suffices, with what we manufacture ourselves, to bring us to what we call maturity. If it fails after that time it does so because we do not manufacture it as rapidly as we expend it.

That vital energy is manufactured is apparent to every unbiassed observer in a case of recovery from severe illness. To say that a person has the same amount of vitality in a low stage of disease that he has in perfect health is to contradict common sense.

Where does the convalescent get his energy?

There are two general sources from which we obtain our supply of vital energy. First we manufacture it from the nutriment which we receive into the stomach. Food is not transformed into flesh mechanically. It has to be manufactured. When manufactured, it becomes bone, muscle, brain, etc. Brain manifests energy. That it receives this energy from the food is proven by the fact that the energy declines in the exact proportion that the food is withdrawn. Facts so common cannot be reasoned away.

But food is not our only source of energy. We receive life from each other. Every brain is positive and negative within itself. So are two brains to each other. Who has not felt the magic thrill which comes with the touch of those we love? Who does not know that there is health and energy and life in that touch? It is a well-known fact that both parties are made stronger and neither loses anything by the contact.

It will now be suggested that, if we manufacture our own vital energy and borrow *ad libitum* from each other, there ought not to be such a catastrophe as death known or heard of. It does look that way and it is no doubt remembered by some that there has been standing for near nineteen hundred years a promise that they who love each other shall not perish but shall have everlasting life. Indeed, then, why do we die?

asons enough. In fact, the
 at we live as long as we do.
 attention whatever to the
 of energy, and next to none
 ourselves with it in any
 dition to this, we squander
 in every conceivable way,
 orts for their replenishment.
 at for the purpose of obtain-
 but for the purpose of ob-
 sure. If we have no appe-
 e dishes prepared to stimu-
 glands and tempt us to eat,
 his food goes into the stom-
 mischief and introduce dis-
 e system. We eat at stated
 ut regard to hunger. This
 liable to do harm. We se-
 d by its taste, without re-
 adaptation as nutriment. We
 substances in the stomach,
 now not to be food at all,
 injurious, because they taste
 ause the doctor tells us to
 act, more than half the mat-
 e put into our stomachs has
 ed from it without having
 anything to the supply of
 In this way most diseases
 d.

is still more emphatically
 procreative function. In-
 ing this mysterious impulse
 replenishment of vital energy
 purpose of propagation, we
 for the pleasure there is in
 s of all other considerations.
 us, it depletes instead of re-
 he supply of vital energy
 a tax upon the stock manu-
 nutrition.

us manage to stand these
 ty or eighty years. A few
 red years, but that all finally

die, is not at all strange. The waste of
 energy accompanying the exercise of this
 function is very little appreciated. Na-
 ture is everywhere lavish in its provision
 for propagation. Thousands of germs
 are launched from her laboratory to
 every one that reaches development.
 That the effect is exhausting may be ob-
 served in every department of organized
 life. The tree that overbears is short
 lived. Plants that are most prolific die
 annually. Perpetual bloomers have no
 vitality and have to be extravagantly fed.
 Nature sacrifices each successive genera-
 tion in order to produce a better one and
 better ones are unfolded every time, if
 conditions permit. The same tendency
 holds in the human world and will hold
 until the human attributes of conscious-
 ness and reflection shall divert the gen-
 erative function to a higher purpose.

That this may be done is not to be
 doubted. A few years ago it was not
 supposed to be possible to converse with
 a person miles away. Nothing is im-
 possible. That man is to be immortal
 is the vital element of all religion. That
 it is to be won by our own efforts is the
 first rational promise of its achievement.
 This glorious result is not to be accom-
 plished by self-sacrifice and slavish obe-
 dience to authority as we have so long
 been taught. He who wastes his ener-
 gies and impairs his faculties by over-
 indulgence, knows nothing of real pleas-
 ure and he who urges self-denial as a
 duty may be suspected of some selfish
 design.

Nature has made no mistake. The
 universe embodies the principle of prog-
 ress and no aspiration will fail of ulti-
 mate realization. Health is the harmo-
 nious, normal exercise of all the func-
 tions of the organism and the result is

not collapse and dissolution, but perpetual youth, vigor, beauty, joy and gladness unalloyed with pain.

We have had no perfect health, as yet, since Adam ate the apple. Speaking of Adam and the apple suggests that possibly the ancient writer intended to symbolize the fact that inattention to diet tends to introduce disease and dissolution. He could not have done it more graphically.

As to supplying energy by association, Moses, though skilled in the wisdom of the Egyptians, did not understand that. It was left to Jesus to discover that source of life.

The objection to the ancient philosophy is that it puts everything in the form of command and promise.

The ancient philosophers had no appreciation of freedom and spontaneity.

NORTH DAKOTA AGRICULTURAL COLLEGE.

July 26, 1905.

LIQUOZONE ILLEGAL.

I have on previous occasions called attention to the character of the product being sold under the name of Liquozone. In bulletin No. 63 was shown the character of this product and the false statements and claims made by its manufacturers.

The claim that the virtue of the product is due to oxygen is false. Liquozone contains less than 1 per cent. to more than 2 per cent., as shown by various analyses, of sulphurous acid and sulphuric acid. I consider the indiscriminate use of this product as dangerous to the health of the community. I, therefore, give notice that on and after August 1, 1905, any party in North Dakota, who sells, offers for sale, or exposes for sale Liquozone will be prosecuted by this department under the laws of this state.

I further warn the public against the use of this dangerous product, and as evidence quote the following from the

Medical Times and Hospital Gazette of London, for July 1, 1905:

"Dr. Wynn Westcott, the Coroner for the Stoke Newington District, concluded on Monday last his inquiry into the circumstances attending the death of Constance Adelaide Sheppard, aged three years and ten months, and Dorothy May Sheppard, aged two, daughters of a tobacconist's assistant of Stoke Newington. The evidence given at the previous hearings, referred to in our issue of the 17th ult., showed that the father obtained a free bottle of Liquozone, and doses of half a teaspoonful were given to the children for several days. Both were taken ill and died. The jury returned the following verdict: 'The children died from exhaustion after vomiting and diarrhoea, set up by taking Liquozone. We wish to add our deep sympathy with the parents, and also think that some representation should be made to the proper authorities to have some

ervision over these patent med-
 n view of the facts, the Jury
 have arrived at any other con-
 an that death was due to the
 and it will be the duty of the
 ent to carry out the suggestion

of the jury if the public are to be pro-
 tected against the recurrence of such
 fatalities."

E. F. LADD,

Food Commissioner.

(State papers please copy.)

CORRESPONDENCE.

EDITOR:—In reading over the
 Mr. Eugene Christian in the
 iber of HEALTH, it seems to
 several statements contained
 hould be called in question.
 le is entitled "How men should
 and while he sticks to the sub-
 oes very well, but when he gets
 ng he misses the mark very

s: "This class of anthropoidal
 igh man belongs is about three
 ears old," etc. When we con-
 "The *first man, Adam*" (1 Cor.
 is it says in 1 Tim. 2:13,
 as *first formed*," etc.) was cre-
 t evolved, if you please; see
 7) only about 6,000 years ago,
 er difficult to make out how the
 o which man belongs could be
 years old. If the 6,000 years
 ed, I will say that it can be
 / referring to the written text
 ich I will be glad to point out
 y doubt the bare statement.

Mr. Christian tells us that the
 on which this "anthropoidal
 sted were merely "leaves, buds
 ," and "From this crude diet
 ct appeared fruits, and as he
 a little higher, nuts were added
 e to his bill of fare." The food
 st of our species, however, was
 es, buds or plants," but "every

herb-bearing seed which is upon the face
 of the earth, and every tree in which is
 the *fruit of a tree yielding seed* (fruits
 and nuts) to you it shall be for meat."
 —Gen. 1:29.

Again he says, "What has civilization
 done for him? It has cut off his tail.
 (Which he never had.) It has changed
 his two front paws into hands. (He
 never had paws, but perfect hands when
 created.) It has stood him upright."
 Says the Bible, "God has made man up-
 right, but he has sought out many in-
 ventions,"—the least sensible of which, it
 seems to me, is the same faith-destroy-
 ing doctrine of evolution.

Of man it is said "He is the image
 and glory of God."—1 Cor. 11:7. God
 himself in council with His Son said,
 "Let us make man in our image after our
 likeness." "So God created man in His
 own image; in the image of God created
 he him; male and female created He
 them."—Gen. 1:26-27. Since then man
 is in the image of God, and since Mr.
 Christian calls primeval man a "gibber-
 ing anthropoid," it must at least cast
 some reflections upon God. Not that
 Mr. C. means to convey such an idea,
 but it is the result of basing argument
 upon a false theory.

Of course it all depends upon the au-
 thority to which we appeal in questions
 of this kind. The record of creation is

that "God spake and it was; he commanded and it stood fast." Some claim, however, and I presume Mr. C. is one of them, that the record as given by Moses in Genesis cannot be relied upon. If not, then neither can the testimony of Christ and the apostles be believed. Christ says: "Had you believed Moses you would have believed Me, for he wrote of me; *but if you believe not his writings, how shall you believe my words?*"—John 5:46, 47. And to show how far men will go who reject the writings of Moses he declares that "If they

hear not Moses and the Prophets *will they be persuaded, though I come from the dead.*"—Luke 16:31.

So I believe from the above statement of the Divine Teacher I am safe in questioning such faith-destroying doctrines as the one under discussion when they appear in our

HEALTH—a paper which the public believe in heartily from cover to cover.

JAS. MONTGOMERY

Waterloo, N.Y.

606 Commercial street.

A French medical journal recently gave the effects of different foods on temperament. According to this authority, a diet consisting largely of pork will make a person pessimistic. Beef, if eaten month after month, will make a man strong, energetic, and audacious, while a mutton diet, if continued for any length of time, will make one melancholy. The person who eats much veal will gradually lose energy and gaiety. Eggs and milk

used freely will make a person healthy and vivacious. Butter used too freely will make one phlegmatic and lazy. Apples, this journal says, are excellent for brain workers; anyone who has much intellectual work to do should eat very few apples. Potatoes, on the other hand, will make a person dull and indolent. Mustard is cited as a preservative of the memory even to an advanced age.—*American Medicine.*

Not the least of woman's accomplishments is that of making a bed properly. If the undersheet be stretched very tightly over the mattress and tucked in, much discomfort will be avoided.

In order to change the sheets when an invalid is too ill to move from the bed, the under one should be rolled lengthwise from the edge of the bed to

where the invalid lies. The top sheet, rolled in the same manner, is then tucked in at one side and unrolled on the other side, leaving the space from which the first sheet was taken until the two rolls are side by side. The patient may then turn over, and the top sheet is lifted over the rolls on to the bottom sheet, the soiled one is removed, and the rest of the clean one is unrolled.

In the village of Altenburg, on whose borders three countries meet, there are no soldiers, no police, no taxes, and its people are ruled by no monarch. The inhabitants speak a queer jargon of

French and German combined, and their time is spent in cultivating the land or in working the valuable calamine mine, which is the boast of the village.

EDITORIAL DEPARTMENT

BY CHARLES A. TYRRELL, M.D., EDITOR.

Absolute cleanliness, both internal and external, is the golden key that unlocks the door of perfect health.

7.

OCTOBER, 1905.

No. 10

SPONTANEOUS GENERATION POSSIBLE?

fresh within the memory of many, Dr. Loeb attracted widespread attention by the publication of his experiments on sea urchins, from which, it is generally inferred that life had been spontaneously produced in the laboratory. Now comes Mr. J. B. Burke, of the Wendish Laboratory, Cambridge, Mass., who practically makes the same claim; but whereas Dr. Loeb's experiments were conducted with sea water, Mr. Burke employs radium. The experiments were performed by placing a trace of radium in a sealed test tube, containing sterilized bouillon (the substance used for the cultivation of micro-organisms), which caused minute particles to appear, which the experimenter demonstrated to possess the characteristics of life. It is stated, that these (presumed) living units grow, and after reaching a certain size, divide, like the living amoebae, and that they appear to possess none of the peculiar characteristics of them, in that they disappear in the daylight, and grow again in the dark. Mr. Burke has given these particles the name of

radiobes, and believes them to be a primitive form of life, spontaneously generated, since they suggest vitality, and advances the theory that, as they are evolved by the fierce energy of radium, so the radio-activity of the earth, though feeble by comparison, may, in the course of long ages, have evolved living particles. This is not the first time that nucleated particles have been, apparently, spontaneously produced, for thirty years ago, Dr. Bastian produced similar results in a sterilized solution of ammonium-tartrate and sodic-phosphate. Structureless matter, he called them, and thought them merely the result of a combination of fortuitous circumstances. The "Origin of Life" is a fascinating subject that has engaged the attention of all the ages: but we fear this production of nucleated particles is very far from solving the problem, although they may serve as stepping stones to greater discoveries. The most fatal objection we see in the case, is their solubility in water. Water is the mother of all life, and a living organism soluble in water is so strongly at variance with all we

know on the subject as to offer a decided negative to the theory advanced.

THE TEA CIGARETTE.

The growth of the cigarette and morphine habits among women, especially in Europe, has been widely commented on: but a new form of indulgence has developed in England, in the form of tea cigarettes. It has already assumed such proportions that many prominent London physicians are considering the advisability of petitioning Parliament to introduce a bill to prevent the tea houses in London from selling these health-destroying articles to their customers. In proof of their baneful effects, it is reported that within the space of two weeks, no less than twenty women have been taken to private sanitariums suffering from their effects; one physician alone, stating that he had no less than a dozen women under his care at one time, victims of the tea cigarette habit. The tea employed in their manufacture is a mixture of Souchong and Hyson—black and green—and the taste is said to be by no means disagreeable. The after-effects are, a feeling of dizziness, a partial stupor and visions of extravagant character, somewhat resembling those induced by the celebrated hasheesh. At first sight, the smoking of a tea cigarette may appear to be a harmless habit, not more prejudicial than drinking a cup of tea: but the distressing effects already chronicled as resulting from it, should warn women that they cannot perpetrate these outrages upon their constitutions with impunity. Fortunately, we have no authentic information as to the extension of this pernicious habit to this country, and we hope to be spared the infliction, having

already a sufficiency here of questionable habits; but what a commentary upon our boasted civilization, when intelligent women, the mothers of the race, resort to these adventitious aids, to induce exhilaration, which is neither more nor less than mild intoxication.

DO WE EAT TOO MUCH?

In ninety per cent. of cases, this question may safely be answered in the affirmative. To most people, the diet which has been shown to be most conducive to health and longevity, would appear to be an intolerable hardship, in fact, most people would regard it as slow starvation.

This, in itself, is ample proof of the fact that the majority of people eat far more than is called for by the requirements of the body. It has been calculated that in the average individual, the amount of energy expended daily in removing the waste products from the body, equals one-eighth of one horse-power. There can be little doubt that the unnecessary force expended in dealing with entirely superfluous food, is the most powerful factor in shortening life. It has been appropriately said that "men dig their graves with their teeth." Sidney Smith once stated that according to his calculations, he had consumed forty-four wagon loads of food more than was good for him, between the ages of seven and seventy years: a statement, which though usually regarded as humorous, is not nearly as improbable as it may seem. The amount of additional work imposed upon the eliminative organs by overeating can scarcely be estimated; but that is only one phase of the evil. Unless the conditions are exceedingly favorable, it is impossible to remove the

waste, the result being a general g of the system, impairment of nutritive functions, and consequent g of the vitality. Added to this, instant overworking of the system effort to rid itself of the encumbrances renders it each day less able to cope with the task: when the inevitable results follow, ill health and premature decay. Moderate eating enables the system to rid itself of all effete matter—that the body cells are renewed day to day, consequently, a healthy man is entirely a new man, physically, every few years. It is safe to say that life could be prolonged at least fifty per cent if the amount of food consumed did not exceed the quantity called for by nature to replace the waste. Certainly, almost without exception, even moderate, regular eaters, and there is no valid reason why the duration of life should not be one hundred years, if force were not unnecessarily expended by excessive eating.

LOOK TO YOUR BOWELS.

People were as ready to respond to the demands of the bowels as they are to the demands of the appetite, there would be infinitely less sickness in the world. For, it is a fact beyond dispute, that the primary cause of ninety-five per cent of all diseases is, imperfect elimination of the waste matters of the system. There are three important avenues by which this waste is carried off, namely, the skin, lungs and intestinal canal. The bowels are infinitely more important than the others, for the reason that the waste products of digestion are carried off by this channel. We wish we could impress upon our readers the importance

of keeping this avenue of elimination open. The fireman of an engine is fully alive to the necessity of keeping his firebox clear of ashes and clinkers, otherwise it is impossible to keep a full head of steam. The same rule applies to the human body. With clogged intestines, perfect internal function is impossible. It is true there are two other channels by which this waste may be partially carried off: but it is unreasonable to expect the skin, lungs or kidneys to undertake even the partial performance of this duty. They may heroically contrive to do so for a while, but the strain soon tells upon them, and general collapse follows. The bowels should be educated to perform their functions regularly. We are the creatures of habit, and unfortunately, it is as easy to form bad habits as good ones. The same fireman who realizes the danger of a clogged firebox, will neglect his own bowels—an infinitely more important matter. The demands of the bowels for relief should never be neglected, as thereby a habit may be formed that will lead to disastrous consequences in the future. It is necessary for health, that there should be an operation of the bowels once a day. If the practice of soliciting the bowels at a certain hour each morning be followed, the habit will not take long to form. One of the causes of bowel inactivity is that few people take sufficient liquid. For the best interests of the individual, from three to five pints of water should be drunk daily, to keep the contents of the bowels soluble. All fruits are more or less laxative in their character, therefore, those who desire bowel regularity, should not neglect them. It was not without cause that the old-time practitioner delivered this impressive injunction.

tion, "Trust in the Lord, and keep your bowels open."

KEEP YOUR MOUTH SHUT.

Few people realize what a long train of evils may arise from the practice of keeping the mouth open. Nature never intended the mouth to be used for respiratory purposes: the nose being specially designed for that purpose. It is specially adapted to that work by being covered with fine hairs on its interior surface, their function being to arrest particles of dust and other impurities, which would otherwise find their way into the lungs, causing irritation of the delicate surface, and frequently serious trouble. Again, where respiration is performed normally, through the nose, the air is not only purified, but warmed before it reaches the lungs, thus preventing any chilling of the surface and consequent congestion. Many a fatal case of bronchitis, etc., has been caused by the imprudent practice of engaging in animated conversation in the open air, after leaving a heated building. But the habit of sleeping with the mouth

open is attended with the gravest consequences, and for some unexplained reason, seems to be rapidly extending. People addicted to this habit will invariably find on rising in the morning, that the throat and mouth are both uncomfortably dry; due to the checking of the action of the salivary glands by the impact of the air, and the rapid evaporation of the saliva that is excreted. To all such, the practice of tying a handkerchief over the head and under the chin will be found effective in overcoming the habit. There can be no doubt that mouth-breathing is one of the most potent causes of catarrh, owing to the irritation of the mucous membrane by the deleterious substances carried into the system by this means. Catarrh is becoming so widespread that it is becoming rare to find an individual totally exempt from it, in northern latitudes. For the above reasons, it will be seen that the admonition given at the head of this article is based upon sound judgment, and that the practice of keeping the mouth shut, especially at night, is an exceedingly beneficial one.

Of the four hundred barons in the British House of Lords about a dozen date back to 1400, the earliest being 1264. The oldest family in the British Isles is the Mar family, in Scotland, 1093. The Campbells, of Argyll, began in 1190. Talleyrand dates from 1199, and Bismarck from 1270. The Grosvenor family, the Duke of Westminster, 1066; the Austrian house of Hapsburg goes back to 952, and the house of Bourbon to 864. The descendants of Mohammed, born 570, are all registered carefully and authoritatively in a book kept in

Mecca by a chief of the family. Little or no doubt exists of the absolute authenticity of the long line of Mohammed's descendants. In China there are many old families, also among the Jews. But in point of pedigrees the Mikado of Japan has a unique record. His place has been filled by members of his family for more than twenty-five hundred years. The present Mikado is the 122d in the line. The first one was contemporary with Nebuchadnezzar, 666 years before Christ —*N. Y. Herald.*



IONS.—Can you suggest any for my trouble? I suffer from ad: too much blood in it, which ne to feel very dull at times for . But my feet are like ice all : have to soak them in hot wa- n in July, to keep them warm. n I going to do in winter? This keeps me awake at night, and ne very nervous, which causes ion and general disorder. Yours ully, E. B. Lehman, 33 Bell Dayton, Ohio.

ER.—The trouble is undoubtedly defective circulation: but instead idigestion being caused by it, we itive that the digestive disturb- one of the contributing causes. . being informed, we feel equally that there is more or less con- i present. Hot foot baths are t for drawing the blood down- nd thus warming the feet, but an that is needed to change the n. Our advice to you is to wash bowels from two to three times k, with from three to four quarts i water, and to practise the habit ing a glass of hot water every ;, at least, half an hour before it. Practise deep breathing as- y, inflating the lungs to their extent, and continue it until it a fixed habit. The exhaust of the chest cavity when empty of the most powerful factors in ng the return circulation. Take rate amount of physical exercise nd morning, preferably in the ;; if not, then with the windows

open, in your room. Eat slowly and moderately, and masticate thoroughly, and with the removal of the abdominal congestion, normal circulation will be restored and the cold extremities re- lieved.

QUESTION.—In the August number of HEALTH, I see that lime juice is recommended for dyspepsia. Will you please tell in your next number where it can be bought, and the price, and oblige can be bought, and the price, and oblige, Mrs. Van Sant, Wichita, Kansas.

ANSWER.—If you will refer to the advertising page facing the Editorial matter in the June number, you will see the advertisement of the Montserral lime juice, which we have reason to believe, is a superior article. It may be obtained from most grocers and druggists, but the New York agents, Evans & Co., 133 William Street, New York, will ship a case containing one dozen, for \$4.00. Freight to be paid by the purchaser.

QUESTION.—I would like to have your advice on the following matter: I am troubled with indigestion. It is not serious, but every once in a while I have a severe attack. This will last for a week or two, and after every meal I will have severe pains, often accompanied by nausea. I eat simple food, and note that these attacks come on when I am nervously tired. Can you help me in any way so that I may cease to have these intermittent attacks? Very truly yours, Lilian Walton, Cedar Hill, Cleveland, Ohio.

ANSWER.—The trouble is undoubtedly of nervous origin, but the nervous condition is primarily due to imperfect digestion, the nerves thereby being deprived of their necessary nutrition, and this, in turn, reacts upon the digestion. First and foremost we should advise you to attend to the condition of the bowels, by taking a copious enema at least twice a week, for a month or two. Do not eat any breakfast until half an hour after drinking a glass of hot water, and let that meal consist mainly of good, sound, ripe fruit (apples or oranges to be given the preference), with the addition of a small quantity of some good preparation of wheat. Do not drink anything with the meal, but half an hour later a glass of milk may be taken, which should be sipped slowly. The other meals should be light, little if any meat, or potatoes, but good green vegetables and salads, such as celery and lettuce. Eat plenty of good butter and cream, for they are essentially nerve foods. Eat slowly, and always stop short of repletion. Above all things, never attempt to eat when you are either physically or mentally tired. Rest for

half an hour at least, and if the fatigue is mental, let your first nourishment be a glass of hot milk. Attention to the foregoing suggestions will effectually rid you of your trouble.

QUESTION.—What is the difference between sciatica and rheumatism, and what treatment do you recommend for sciatica? Yours, Oscar Widgren, St. Joseph, Mo.

ANSWER.—Sciatica is an affection of the nerves, due to imperfect nutrition of the nerve structure, and manifests itself principally in the lower limbs, along the course of the sciatica nerve. Rheumatism is a muscular affection, and is due to the deposition of impurities in the muscle tissue. Both are the result of imperfect elimination of waste matter, and the rational treatment for sciatica is to thoroughly purify the system and prevent the further absorption of effete matter: to nourish the system, especially the nerves, by the liberal use of fat foods, such as good butter and cream. This, with moderate exercise and deep breathing to oxygenize the blood, will speedily cure any evil.

BOOK REVIEWS.

HARRINGTON'S PRACTICAL HYGIENE.—

A Treatise on Hygiene and Practical Sanitation, for Students, Practitioners, Health Officers, etc. By Charles Harrington, M. D., Assistant Professor of Hygiene in Harvard University Medical School, Boston. New (third) edition, thoroughly revised. In one octavo volume of 793 pages, 118 engravings and 12 plates. Cloth, price \$4.25.

Lee Brothers and Co., Publishers, Philadelphia and New York.

We have always contended that the regular medical curriculum does not devote sufficient time and attention to this, the most important subject in the whole range of medical study. It is not until the medical practitioner goes out into the world that he realizes how imperfect his knowledge is on this vital question. As the work in question is specially de-

for those engaged in the study of medicine, the fact that a third of this work is called for is proof, of the value of the work itself, of the realizing sense that the average physician has of his limitations on the score. It may be confidently stated that no more comprehensive work on this subject could be placed in a physician's hands, dealing, as it does, with the needs of individual and communal sanitation broadly and clearly, yet with great precision to detail. It was accepted as authority, upon its first appearance, and since then, has repeatedly demonstrated that it is an essential to a physician's equipment.

ASSIMILATION AND ITS COMPLICATIONS. An Interesting Discussion of Various Cases. By Dr Jackson, Menstrual Scientist; Dr. Smith, Family Physician; Dr. Gilbert, Surgeon, and Dr. Jones, Osteopath. By Julian F. Thomas, M.D. Cloth, 100 pages. Price, \$1.00. Published by the author. 172 West Seventy-second Street, New York.

Although written to exploit the author's theories on the diet question, this book is both clever in conception and interesting in contents. It consists of six primary clinics, in which patients suffering from different forms of disease are treated, opinions passed upon the cases, with views as to treatment, by the author's consultants. At subsequent visits, if the subjects are not present, reports as to their progress are given. The author, representative of a school of dietitians, what, in his opinion, the treatment should be, and expresses doubt as to the value of every method but his own: but in the end, as may be supposed, the

whole of the patients, if not completely restored to health, are so far on the road to recovery as to triumphantly demonstrate the soundness of the views enunciated by the author, and to make converts of the physicians who came to dissent, but remained to approve. The book is interesting reading, and certainly embodies an ingenious method of presenting a subject for consideration.

AUTO SUGGESTION. What It Is and How to Use It For Health, Happiness and Success. By Herbert Parkyn, M.D., C.M., Editor of Suggestion." Published by the Suggestion Publishing Company, 4020 Drexel Boulevard, Chicago, Ill. 1905. 184 pp. Price, 75 cents.

Suggestion has long been a powerful factor in the treatment of disease, even by physicians who unconsciously employed it: but it is only in late years that the potency of auto suggestion has been recognized. The book under consideration deals with the subject in a practical manner, showing how the right mental attitude cannot fail to bring satisfactory results, no matter whether the object sought is health, personal influence or worldly success. Although many people entertain the idea that there is something weird and mysterious in auto suggestion, a perusal of this work, with its clear-cut directions, showing how the art may be acquired, will speedily convince the reader that there is nothing of the supernatural about it: but that it is simply the operation of one of the many imperfectly understood laws of nature. To those interested in the subject, who, by the way, are an ever-increasing army, this work will prove both instructive and helpful.

PUBLISHER'S DEPARTMENT.

"HEALTH CHAT."

BY THE MANAGER.

I want to talk to my readers this month on the subject of success. It is not my plan to dwell upon it at length, for you all have read a great deal about the successful man—what he accomplishes, etc. Success can be achieved in many ways. I want to tell you how you can be successful financially.

To those who read this who have sent for a copy of my book, "The Manager's Invitation," they know what I mean.

When I became associated with the Health Pub. Co. as their Manager and Secretary, I conceived the idea that this great publishing house should have at least 1,000 share-holders all over the United States. I believe that it would perpetuate the business long after the present management had passed beyond. I felt that if I could bring this about and in some way establish a thousand different share-holders throughout the country, they would be the greatest help to the business of anything I know. That is the reason that, sixty days ago, I prepared a book, entitled, "The Manager's Invitation," which has been sent out to a few subscribers; and the response has been more than satisfactory. If you have not received a copy of this book, you can do so by writing me personally. It gives you the fifty years' history of this publication, and tells you a lot of interesting facts about the publishing business and the profits derived from it. This book also informs you of my plans for the future. It tells you why I believe the readers should have an opportunity to be share-holders with me.

Success is the hope of everyone. It is the goal which everyone strives for, and yet it is entirely within everyone's grasp. Money is King. It rules the earth, makes all things possible, creates happiness and lessens sorrow.

Small amounts, properly invested will bring large returns. The foundations of all the great fortunes were laid by a small investment.

Shares in the Health Pub. Co. are good securities for your money. I know it to be so. The opportunity to invest in these securities will not be open a very few months longer, perhaps weeks, for the present allotment nearly been taken up.

I might mention some great opportunities for investment, where, by putting up \$100, you could have made thousands. A hundred dollars in the Larkin Soap Co. a few years ago would have made you a hundred thousand dollars. A hundred dollars in the Bell telephone, when first offered would have netted you two hundred thousand dollars.

The people who went into these enterprises risked a little money and they won. You will certainly not win unless you risk.

Put a few dollars into the Health Pub. Co. and I believe it will give you a steady income. Don't put this announcement aside unless you have space for my plan, which is embodied in my book, "The Manager's Invitation." It doesn't cost you anything to read the book, and you are under no obligation to me for reading it.

Write to-day.

RICHARD PALMER

CUT THIS OUT.

Please send to my address below a copy of your book, "The Manager's Invitation."

Name

Street

City

State

PORTO RICO COFFEE.

Absolutely Pure Coffee.

This advertisement is addressed to those people of the United States that want PURE FOOD and PURE COFFEE.

If you are a coffee drinker, we have the finest coffee grown for you. If you are not a coffee drinker, you would be, if you once tried OUR coffee, as OUR coffee positively aids digestion, as all PURE coffees must.

We do not say that OUR COFFEE is the only pure coffee on sale, but we do say that OUR COFFEE is the very best of the PURE COFFEES.

Why?

Because it is grown at a high altitude and contains no acids.

Because it is properly cured, properly roasted, and bears a stamp of PURITY, after being carefully examined by Mr. Scott Truxtun, Commercial Agent of the Government.

It costs less per cup than most poor coffees cost, because you use but one-half the quantity with far better result.

How We Introduce It.

To make you acquainted with our coffee we will send you by express, all charges paid by us, a 5 pound bag for \$2.00, with the distinct understanding and agreement that should it not prove entirely satisfactory, it can be returned, and the money will be cheerfully refunded.

Write

INSULAR COFFEE COMPANY,

125 Front Street,

New York City, N. Y.



Commercial Agent Porto Rico Government.

(This signature on every package.)

HYGIENE IN LAUGHTER



"When I was a boy," said the gray-haired physician, who happened to be in a reminiscent mood, "I wanted to be a soldier, but my parents persuaded me to study medicine."

"Oh, well," rejoined the sympathetic druggist, "such is life. Many a man with wholesale aspirations has to content himself with a retail business."—*Exchange*.

"You can't eat your cake and have it, too," remarked the cheerful man.

"You can't, eh?" growled the dyspeptic, as he swallowed a couple of Lactopeptine tablets. "That's all you know about it."—*Philadelphia Record*.

The wealthy patient was in a quandary.

"The fee of the eminent surgeon will be \$1.99 more than I have in the bank. If, however, I die, the eminent lawyer will take \$1.99 more than I leave. Which shall it be?"

While he was still debating, a plumber repaired a leak on the third floor and received the whole estate.

Moral:—When between the devil and the deep sea, a third party may get you. —*Harper's Bazaar*.

"Your husband has water on the brain," announced the doctor.

"Dear me!" she said, "I hope it has been boiled."—*Lippincott's*.

Dentist (*Explaining the advancement of his art*)—"Give me a man with only a stump and I'll build up a new set of teeth."

Doctor (*Arguing for supremacy*)—"That's nothing, give me but a stump and I'll build up a new man."

Since the surgeons are so prone to leave things in the abdomen which *don't* belong there—such as gold eye-glasses and rolls of gauze—and since there is a growing tendency to remove things which *do* belong there, it is a quandary to know what to do with an old-time belly-ache.

The inventor of a new feeding bottle for infants sent out the following among his directions for using: "When baby is done drinking it must be unscrewed and laid in a cool place under the hydrant. If the baby does not thrive on fresh milk it should be boiled."

"Gentlemen,"—said the anatomist—"we have occupied ourselves sufficiently with the external form and structure of the stomach, let us now pass to its interior."

"I've been drugged and robbed," said he. "I think it is a shame!" The officer just yawned and said, "What was the druggist's name?"—*Life*.

HEALTH

NOVEMBER, 1905.

No. 11.

THE HABITS OF HABITS.

BY GEORGE PROPHETER.

us, a famous bull *wrestler*, a
o unusual physical development,
subdues, actually throws the
ulls to the ground of the arena,
other weapons than his hands
y muscular strength, and *di-*
a carefully-studied knowledge
abits, the fighting habits, the
iting habits of that fighting ani-
with little or no risk he accom-
his seemingly-impossible feat
ie he attempts it, and with no
njury to the bull than a dis-
emper and a slightly wrenched

everybody who has seen the
rally thinks that he is able to
y possessing brute strength su-
that of the brute.

ing puzzled me; I became in-
and resolved to learn the secret
rt or trick from the man's own
told me that he had begun
bulls at the age of fourteen, and
accident one day (how much we
accident), he proved the pos-
f wrestling and throwing a bull
any other means than his hands.
—"I studied the fighting habits
ills very closely and learned that
ll had certain physical signs
would give, and which prop-

erly interpreted, might be taken as guides
to his fighter in avoiding the thrusts and
rushes of the beast. For instance, no
bull rushes at his antagonist wildly; he
usually approaches with head up, eyes
distended, and his mind fully made up
what to do. He will walk to within
about three yards of the matador, then
he lowers his head and charges, making
a vicious thrust with his horns, either
upward, or to one side, when he reaches
the points he has charged at.

"The fighter avoids the charge by
holding the flag before him for the bull
to charge at; then when the animal
rushes, he side-steps, and swings the
arm holding the flag out, so that the flag
will sweep up over the bull's head. If
the bull intends to thrust to one side of
his charge *he invariably indicates it by*
his ears. If he means to thrust to the
right, he drops his right ear when he
makes the charge; if to the left, he
drops his left ear. Thus, by watching
the animal's ears, the matador knows
which side to jump to in order to avoid
a thrust of those keen horns, which
means death. And in this way a mata-
dor can side-step a fighting bull in the
arena as easily and often as a gallant
gentleman can side-step a lady approach-
ing him on Fifth Avenue."

He continued—"A cow, unlike a bull, never approaches deliberately to an attack. When maddened, she charges straight at the object of her attack, with eyes open, and she is far more the dangerous adversary, when thoroughly maddened, considering her inferior muscular power."

These frightful rushes of the bull with nothing to stop them, completely exhaust his strength, bewilder and daze his mind to such a degree that finishing him is a comparatively easy task.

Thus it will be seen that the bull, like the prize-fighter, whose awful lunges and thrusts are avoided by his opponent, really whips himself.

In the case of the bull-fighter against the bull, it is brains or knowledge against brute strength; in the case of one prize-fighter against another, it may be the same.

Now, what has all this to do with "The Habits of Habits" in the human being or brain? Much. You could no more subdue, conquer, throw, or kill a bad bull-habit in the arena of your brain or mind without knowing something of the habits of these beasts of the brain than you could conquer a real wild bull, as Neromus can, without first knowing something of the fighting habits of the beast. To use still another comparison, you could no more hope to sail yourself smoothly on the rough sea of life without some knowledge of how to "set" the sails of your mental craft with reference to adverse conditions, than you could hope to sail a boat smoothly against an adverse wind without a knowledge of the art of sailing.

Each one of us is a yacht on life's sea; some have no sailors; some have *poor sailors*; some but a few skilful

sailors. The human body is the craft; the object in life is the port we are sailing to; the mind is the sail; the intelligence or knowledge is the sailor; the will-power or mental discipline is the crew; our environments are the sea upon which we are sailing.

Life is a strife from the cradle to the grave, but the redeeming feature of it all is the fact that, when the war is waged scientifically, intelligently, the battle becomes a source of pleasure and profit.

In the case of the bull-fighter, it will be seen that while the first bull he conquered was the result of being compelled to *fight for his life* against fearful odds; he succeeded so well that he studied the art of wrestling bulls, and brought it to such a degree of perfection, that now he does it for exercise, for health, for pleasure, for profit, for renown.

Now, then, we all have bulls to wrestle. Some of these beasts may be coming towards us; some we may be going after; and some, the greatest number, may be in our own brain, and mind, and body in the form of bad habits. For each bad habit is a destructive bull which we have raised from an innocent, handsome-looking, large-eyed, harmless calf, in the form of the first indulgence of this bad habit; and every succeeding indulgence has fed this calf until finally it has developed into a vicious bull that tosses us up on his horns as often as he is not given his kind of food; if we feed him it starves us; and if we do not feed him he gores us. So what is to be done? Study the habits, the fighting habits of the beast of the brain, and then, like the bull-wrestler, make that first desperate fight for life against one of the rushes or onslaughts of your worst bull-habit.

first bull of your herd will come first, which may be the bull of fear, or the bull of pride, or the bull of impatience, or the bull of idleness, or the bull of laziness, or some other bull in the herd. Whichever it happens to be, stop him; strike your fighting position; show your teeth, and brain, and brawn and muscle in such a way that he makes that first fearful leap and say—"I'll down you or die in the attempt, for I preferable to life with you."

You will positively succeed in this first attempt to gore you into the air; and the battle is won—for you, and will be won if care is exercised at the next attack will, in a way, be a more one than the first, the bull having been infuriated now by his failure to stand his keeper has added as the snorting, wild-eyed charging and preparing for this effort to redeem himself and still prize-fighter who has won the battle pull yourself together, and with strength added by the confidence of the fall to your credit now, take position again as before, and as the challenger comes towards you for his dangerous rush, side-step him, and victory is yours; for every additional effort the second is but the effort of a tired, exhausted bull which lacks strength and head, and confidence in his place and power in the herd. After all, the strongest, worst habit is but the leader of the herd of bad habits in our make-up.

You have put this leader to rest and buried him in the cemetery of the past, turn your

attention to the next in the herd; and you will find that each additional one that you subdue or kill will be an easier task, until the remainder will scatter like sheep before a wolf.

This is the only practical way to get rid of bad habits; and getting rid of bad habits is cultivating will-power; and cultivating will-power in the right direction is acquiring mental discipline; and this is the greatest accomplishment possible to a human being, because it means the ability to control your mind, your passions, your desires for good; and this means intelligence, morality, happiness, health.

How shall we judge the quality of a habit?

As a rule, the body craves such foods and liquids as it has been fed upon, whether the food or drink is good or bad. So it is with the mind; it also craves that upon which it has been fed;—whether the thought or mental food is good or bad. Therefore, the first thing to ascertain about our food habits and our mind habits is whether they are good or bad; and this can be determined only by the properly interpreted consequence of our thought and conduct—of our habits of life.

Jerry McAuley, by feeding his bad habit of intemperance, finally became a notorious drunkard, but by a desperate fight he got rid of this habit, and in its place planted the good habit of temperance, which finally became so strong in him that he longed to preach the story of his life and thus teach others how to change a very bad habit for a very good habit. He bought out the Cremorne, a notorious New York dive, and converted it into the "Cremorne Mis-

sion," where he preached temperance and the gospel with great success.

Thomas De Quincey, one of the most brilliant writers of English, acquired the habit of using opium to such an extent that the amount he used daily would have killed several men; but he finally fought the habit successfully and recorded his experiences in "The Confessions of an Opium-Eater," one of the English classics that will live as long as perfect English remains an art.

The athlete who has gotten into the habit of exercising a great deal must feed that habit with exercise; his muscles call for the exercise which is their food.

The loafer who does nothing feeds the bad habit of loafing, by loafing.

Louis Cornaro, an Italian nobleman of the fifteenth century, by his gluttony and debauchery, was brought to the point of death at the early age of about forty; in making the fight for life, he was compelled to change his habits to temperance; and he succeeded so well in cultivating this habit of temperance that he became healthy, happy, and one hundred and three years old; and to this day, he stands as the most perfect illustration of complete self-reformation.

Horace Fletcher, the author of "Menti-culture," "Glutton or Epicure," and other excellent works on mental, moral and hygienic reforms, is, so far as the gluttonous part is concerned, the modern American Louis Cornaro, having reformed himself also to such an extent, that he now has the reputation of being the most temperate eater in the world, with health, happiness and renown as consequences of his habits.

And thus one can go through the biog-

raphies of great men and find illustrations of self-reformation that ought to serve as inspirations to him who may wish to change bad habits for good ones. No man can be so far gone as to be beyond the possibility of reformation *if he wishes to reform*—that is, if he wishes to change his bad habits for good ones.

Concerning mental habits and their food as compared with eating and food, there is this analogy:—The student who has cultivated the habit of acquiring knowledge must feed his desire for knowledge with knowledge.

James Russell Lowell cultivated the good habit of memorizing an hour or two every day; and consequently he had to feed his memory every day as much as it could assimilate—with the result that he developed a most marvelous intellect.

Elihu Burritt, the learned blacksmith, reformer and linguist, cultivated the habit of learning new languages to such an extent that he had to feed this faculty of his a new language (that is, new to him every six months or so.

You may read of easier ways of cultivating will-power, mental discipline, and good habits; but don't you believe that they are practical; don't even waste time thinking about them or trying them.

I have read nearly all literature on this subject, that I thought worth reading; and have tried the methods; but, after all, have found that, in my opinion, there is only one way, and that way has been explained in the two articles on "The Habits of Habits." The next article will tell of one of the most important health habits, one about which the least is generally known.

RIFLE AND PISTOL SHOOTING FOR WOMEN.

BY CLIFTON SPARKS, M.D.

Now that the days are drawing in and the tang of frost is in the air, the men who delight in hunting—whether with shot gun or rifle—are betaking themselves to the fields and forests, leaving their wives and daughters behind to amuse themselves, as well as they can, with the Fall fashions and other alleged pleasures of city life. Women are welcome companions in the sports of summer, but there are few men who care for feminine company when they take out their rifles for deer or big game, or their shot guns for snipe, woodcock, or ducks.

Yet there is not the slightest reason why women should be debarred from the healthful tramps through the woods, or from the delight that comes from the quick and sure exercise of hand and eye in marksmanship, for if she will only lay aside her feminine horror of a gun or pistol long enough to familiarize herself with the weapon, she can secure an amount of exhilarating exercise for her nerves, her circulation and her muscles that will more than repay her for the amount of trouble that may be taken. Then, too, it should be remembered that it is not necessary to "go out and kill something" in order to enjoy rifle or pistol practice. Quick shooting at stationary marks as you tramp through the country, or impromptu competitions with paper targets, both offer novel and decidedly healthful amusement for women. The sport has its utilitarian side, too, for the ability to use a revolver or pistol quickly and surely gives to a lonely and

unprotected woman a sense of absolute security very grateful to the feminine nerves in such an emergency as an encounter with a prowling tramp or a lurking burglar. Dame Nature may make strong, rough brutes in human shape, but there are several manufacturers who construct comforting, nickel-plated equalizers, which, even in the hands of a weak woman, are quite able to make the terms of contest level. A woman ought to be able to shoot, just as she ought to be able to swim.

If you are a woman and desire to take up an interesting and healthful sport, you cannot do better than become an initiate of the rifle and the pistol. As a novice you may be able to secure the help and direction of your own—or somebody else's—big brother, but if you cannot, do not let that fact deter you as long as you can get a rifle.

For a woman of average strength a single-shot, .22-calibre rifle, weighing about four-and-a-half pounds, is a useful size. There are rifles of this calibre to be had in both lighter and heavier weights, but for all-around use the four-and-a-half pound weapon will be found the best. From this weight to that of a five-and-a-half, or six-pound shot gun, the advance is so slight that it will hardly be noticed, whereas if you begin shooting with one of the very light rifles made for the use of boys and children, you will find that you have many unexpected difficulties to overcome.

The price of such a rifle as is here de-



CORRECT FIRING POSITION.

scribed will range from five to fifteen dollars, according to the maker and the finish. One of the best rifles made—a weapon that is constructed specially for women's use—and manufactured by a firm whose rifles are regarded as the world's standard, can be purchased for only \$7.50.

The kind of sights used on a rifle affects its price fully as much as it affects its efficiency. The rifle mentioned in the foregoing is equipped with globe and peep sights—that is to say, there is a device on the stock, just back of the hammer, which permits you to take aim through a tiny aperture that presents a clear view of the target. This is known as the "peep" sight. The "globe" sight is at the end of the barrel. It looks something like an ordinary front sight, but is surrounded with a little ring that great-

ly assists in centering the sight on the target. If these special sights are omitted the same rifle can be bought for five dollars.

The best sights that can possibly be placed on a rifle are none too good for accurate shooting, but it is nevertheless a good idea to commence by accustoming oneself to the use of the plain, or "open" sights, graduating to the use of "peep" sights as you get familiar with the handling of the weapon.

We will presume that you have secured a rifle and a box of .22-calibre, rim-fire cartridges, "short" for preference. For a target you can either buy a few of the small paper targets sold at the gun shops, or you can make your own. Don't make a practice of shooting at bottles or tin cans. Broken glass is dangerous at all times, but still greater



INCORRECT FIRING POSITION.



SAFE WAY TO LOAD A RIFLE.

is the danger from glancing bullets. The slightest thing will sometimes deflect the course of a rifle bullet, and send it far to the right or left of the spot aimed at. For this reason bottles and tin cans—or, indeed, anything not easily penetrated by a missile—make dangerous targets. For the same reason, never shoot at anything floating in the water unless your position is sufficiently elevated to give you almost a vertical shot. If you stand on shore and shoot out at the water your bullet will glance and skip along the top of the water in long curves, just as a flat stone will do. Always make it a rule to know just where your bullet is going to stop.

For your outdoor shooting gallery seek out a spot that offers a secure "back-stop" for your bullets. A big tree will NOT do. You may miss the tree.

Try to find a good high bank of earth and put up your target against that. Measure off twenty yards from the target, and mark the spot as your position for shooting.

It will be of the very greatest advantage to you to be able to judge shooting distances quickly and accurately. The best way to do this is to measure off various distances—fifty, one hundred and two hundred yards—thoroughly familiarize yourself with the appearance of these distances and then accustom yourself to judge other unmeasured distances by these standards. Use your tape measure freely; the time will not be wasted. As a variety of the sport nothing is more amusing than a "distance judging" contest.

The estimated range of your rifle, with the "short" cartridges, is about one hun-



OFFHAND PISTOL SHOOTING.



PISTOL SHOOTING WITH A REST.

dred yards, but do not regard that distance as representing a safety zone. These little projectiles sometimes travel astonishing distances. Never forget that these small bullets will kill.

Having fixed your target and taken your position for shooting you can proceed to load your rifle. Hold the weapon in your left hand, with the muzzle pointing at the ground and with your right hand throw down the trigger guard, or lever, which opens the breech. Still pointing the muzzle at the ground, insert a cartridge in the chamber and close the breech. **ALWAYS KEEP YOUR RIFLE POINTED AT THE GROUND—UNLESS YOU ARE ACTUALLY SHOOTING.** Now make sure that nothing living is near your target, and then raise your rifle and take aim. If you are using plain sights align

the rear and front sights and try to hold the rifle so that you cut the bottom of the bullseye with the tip of the front sight as you glance along the barrel. The rifle should not be fired by a decided pull—which would only disturb your aim—but by a combination of pressure and pull, obtained by steadily and gently squeezing the grip of the rifle with your right hand. If you manage this rightly you may make yourself jump when the hammer falls, but you will be quite likely to score a bullseye. One of the best rifle shots I ever knew told me that he always “pulled” in such a way that the explosion came in the nature of a surprise to him. On the other hand, another good shot told me that he always pulled the trigger decidedly as soon as he was satisfied with the alignment of his sights. The novice can take her choice of methods for practice, but will sooner or later evolve her own successful style.

The illustrations which accompany this article show two different styles of holding. Many successful shots stretch their left arms almost to the muzzle of the rifle, claiming that thereby they secure greater steadiness. The attitude, however, is ungraceful and is usually considered rather bad “form”. Repeating rifles using the sliding forearm tend to correct this fault by practically enforcing a shorter hold.

After each shot examine your target and try to understand why your bullet went high or low, to the left or to the right. Remember just where you aimed, at each shot, and in your next try earnestly to correct any defect in the placing of your shots.

Don't be discouraged if at first you miss the target altogether—and don't

ur rifle. The rifle is all right. Not just as you hold it. If you to miss the target, move in a s and try again. When you id a distance at which you are sitting, practise at it until you ing your shots in the centre of t and then gradually increase nce until you are again at the or twenty-five yard mark. As oting improves you can increase nce to the target.

you grow tired—or when you you no longer place your shots —take a rest. Never tire your- or you will do more harm than ou would not expect to hold ve-pound dumb bell for any time without fatigue, so don't h a five-pound rifle.

ur skill increases take your rifle country and practise shots at listances at such marks as may t before firing always try to see ur bullet will land if you miss.

em to dwell too much on this f safety, please remember that l accidents with firearms are the carelessness so wanton as to d as criminal. Nothing is so s as a gun in careless hands, things are safer when sensibly

I know a tenyear-old boy would trust anywhere with any I also know a wing shot of fifty o knocks snow off his boots with of a loaded shot-gun. Women

could readily make themselves most welcome companions in the hunting field by rigidly observing the few rules which make for safety in handling guns.

The first rule is:—Never point a gun at anything or any one unless you intend to shoot to hit and kill. Don't say, "Oh, it isn't loaded." Just don't point it, anyway.

The second rule is:—Don't carry a gun loaded AND cocked, except while actually shooting. Take the case of the rifle we have been discussing. If you particularly desire to carry a cartridge in the chamber so as to be ready for a shot, you can do so, BUT KEEP THE BREECH OPEN. You can close the breech instantly when you want to shoot, but as long as you keep it open your gun is safe against accidental discharge.

In going to or coming from your shooting grounds there is no excuse for carrying a cartridge in the chamber. Load your gun when you get there; not before.

Never stand a loaded gun against a tree, fence, stump, gate or wall. A slip my discharge it. Similarly, never carry a loaded gun into the house, and, above all things, never put your gun away until you are quite sure it is empty.

If you will remember these things, and will keep your rifle as clean and bright as your most precious possession, you will be able to have a great deal of healthful fun and no accidents.

afraid it will be a long time ur missionaries can get the Chinese properly Christianized," old codger, wagging his head

in mock lugubriosity. "I was readin', just last night, that a Chinese doctor never takes a fee from a poverty-stricken patient."

THE SCIENCE OF MEDICINE.

BY JAS. MONTGOMERY.

Some two or three years ago while poking about an old second-hand book store in the city of Toronto, Canada, I came across an old copy of a very interesting book entitled "The Philosophy of the Bath," published in London.

In that old copy (the only one I ever saw or heard of) are some extremely interesting things anent the science of medicine as taught and practised twenty-five years ago.

The quotations used below are taken from that book and are, no doubt, authentic. Some of the names are familiar to the profession as being of great repute in their day.

And while I do not apply all I may quote to the medical profession as it stands at the present, I will endeavor to show in another article that our present-day physicians are far from satisfied with the science of drug medication.

The author of "Philosophy of the Bath" quotes Sir Thomas Watson as saying: "Certainly the *greatest gap* in the science of medicine is to be found in its final and supreme stage—the *stage of therapeutics*," and then goes on to say, "That is, the 'greatest gap' occurs at the very 'stage' in which medicine is of any practical value whatever! the 'stage' to which all medical knowledge and experience worth possessing necessarily tends! Therapeutics, as the art of curing or relieving disease, is 'the final and supreme stage' of medical science, yet it is at this very critical and important 'stage' that Sir Thomas Watson, the authoritative exponent of the Drug School, confesses the 'greatest gap' is to be found!—a gap

not yet filled up, or bridged over, thousands of years have been spent feeding its voracious depths with victims!" Again Sir Thomas comments that "To me," he says, "it has been a life-long wonder how vaguely, ignorantly, how rashly drugs have been prescribed. We try this, and, not succeeding, we try that, and baffled we try something else. Now this freedom and hap-hazard practice, whether and by whomsoever adopted, is both dangerous in itself, and discreditable to medicine as a science."

So much for Sir Thomas Watson. Another good old English physician, Mason Good, steps to the front and tells us that the experimental stage of medicine has "destroyed more lives than war, pestilence and famine combined," and of course, the experimental stage is not yet filled up with yet.

Another old-time doctor of prominence in his day, repeatedly claimed on his deathbed—"I would be sure that I have not killed more than I have cured," and his last words were, "I have no faith in physics!" was Dr. Ballie. And still another old-time English doctor confesses "utter want of precise knowledge respecting the action of drugs, and the closes in which they may be *safely* administered." This was Dr. H. W. Foulke of London, senior physician to St. George's Hospital. He goes further and adds that "scepticism as to the curative value of drugs is the besetting fault of the profession at the present time." Then this extraordinary admission

—“We know little respecting the cause of many diseases, and frequently we are in the dark as to what may be effected by the *vis medicatrix naturæ*; but observing as we often do that patients recover under various, and the most opposite modes of treatment—and even when no medicine is administered, we are naturally inclined to doubt whether drugs are of any use, and whether they may not be hurtful.” All this and much more was spoken before the class of medical students and doctors, and the discussions which followed. Dr. D. put it this way: “Remedies come into fashion, and die out, and come in again. Remedies come and go because we have no guide as to their real value except the *opinion of the introducer*.” Every very extensive practitioner had a very large number of cases of patients who with effusion recover without medicine at all; so with pneumonia; and, I believe, typhoid fever, too, under the most opposite modes of treatment, a certain number of patients recover—that is, Nature effects a cure in spite of doctors and their variety of remedies!” Another “highly-esteemed authority,” Dr. Bostock, says—“The dose of medicine given is a blind man leading the blind.” So they rattle on condemning their profession one to another, yet pull together to continue their “blind experiments” upon the vitality of those who pay them for their very valuable services. Those who differed with them were called charlatans and quacks, although the *“Medical Critic and Psychological Journal”* of that day says: “Charlatanism is by no means confined to medical practice. To see the fullest extent of charlatanism we need not go beyond the bounds of the profession. The refined quacks stalk under cover of

a legal profession.” These testimonies concerning the science of drug medication could be multiplied indefinitely, but with a word from an American, we will close. Dr. Benjamin Rush, “one of the most celebrated physicians of America,” says: “I am incessantly led to make apology for the instability of the theories and practice of physics.” “What mischief have we not done under the belief of false facts and false theories! We have assisted in multiplying diseases; we have done more—we have increased their fatality.” So also says Dr. Cogswell of Boston, that, “The medical profession, with its prevailing mode of practice, is productive of more evil than good, and were it absolutely abolished, mankind would be infinitely the gainer.” Why was it not abolished, then? is a pertinent question in this connection.

A science composed of “false facts” and “false theories,” and the practice of which produces “more evil than good”; and which not only “multiplies diseases,” but “increases their fatality,” and is practised and taught by “refined quacks, under cover of a legal profession,” is certainly open to suspicion to say the least. If I understand it rightly, a science is indisputable facts. The medical science then was not a science in those days, but empiricism. In another article we will attempt to show that the science of medicine to-day is more nearly a science than formerly, but in spite of all the exact knowledge gained therein it is yet useless, or nearly so, in the cure of diseases. True science is true knowledge along any definite line, but there is something called in Holy Writ, “science, falsely so-called; which some professing have erred concerning the faith.” Tim. 6: 20-21.

THE CURSE OF CORSETS.

BY C. GILBERT PERCIVAL, M.D.

Dr. Arabella Keneally, a well-known woman physician, has the following to say concerning the corset: "Dress has been given to women to conceal her deficiencies, and to this end she employs it, beauty and dress assuming generally an inverse ratio one to the other. In Great Britain, the habit is greatly on the increase, and tight lacing, once confined to the upper classes, now permeates the humblest."

This is the way this writer describes the effect of the corset on the girl when she arises in the morning: "She incases herself in an abnormality of steel and whalebone, compressing vital organs in an unyielding grip. The resulting sense of constriction, most irksome, as every woman knows but too well, in the morning, where it does not induce actual nausea, at all events, occasions a feeling of pressure destructive of appetite; so that after a fast of twelve or fourteen hours, the girl, whose growing, hungry tissues clamor for fresh supplies, is unable to take the food her system badly needs, to start the day upon. Or if she takes it, the cramped organs can ill-assimilate it.

The storage power of the liver is exhausted, the blood currents are impeded and become sluggish, the lungs are starved and the starved blood cannot nourish the tissues. The abdominal muscles atrophied, and later in life will yield altogether, the woman becomes the shapeless personage we regard as the form of middle age.

"There is absolutely no truth in that stays are not tight. Stays are indeed tight, as is shown by the fact that although the physique and internal organs expand in every other direction, the waist of the adult woman is actually smaller than the waist of the girl between twelve and sixteen.

"The female waist is naturally eight inches larger than that of a man of corresponding height and weight.

"There is no doubt that dress is a charity which covereth multiple physical deficiencies. The average woman, as fashion clothes her, presents, I think, an exterior pleasing to our artificial required tastes. Unclothed, alas! it is that to make the physiologist weep."

A new intoxicant, camphor, is being resorted to by fashionable Parisian ladies, to give freshness to the complexion. One of its certain effects is to induce mental torpor, somnolence, and general weakness. The camphoromaniac becomes of leaden heaviness and apathetic. Her face has as much expression as a mask. Some years ago belladonna was resorted to as a means for giv-

ing lustre to the eyes by enlarging pupils, with sad consequences. A mode or mania was the hypodermic injection of morphine, operated in the room before entering the opera ballroom. This was supposed to give beautiful animation to the countenance and manners. It led to the frequent use of the drug.—*The Family Doctor*.

ANCIENT AND MODERN FENCING.

BY FRED GILBERT BLAKESLEE,

Author of "Sword Play for Actors."

the previous article regarding this which appeared in the October of this magazine, the method of fencing in use prior to the eighteenth century were described; in this article fencing will be shown as it exists

as has been told in the previous article. The small sword, which made its appearance about the middle of the eighteenth century, revolutionized the method of fencing which had been in use before that time. Being a much lighter weapon than the rapier which it replaced, it admitted of a greater variety of attacks and parries than could be made with it than had formerly been considered possible, and in consequence, a delicacy of touch was required, which has since remained one of the distinguishing features of the French school of fencing.

The marked difference between the play of the small sword and that of the rapier was found in the manner in which the two weapons were held. All rapier men when fighting hooked one of two fingers over the cross piece (cross piece) of their hilt in order to strengthen their grip upon it; small sword fencers, on the other hand, held their weapon with all their fingers clasped around the handle, and relied upon finger rather than wrist work.

The foil used in the French school of fencing represents the small sword and is now used to be used in the same manner as the *salle d'armes* that the latter

weapon is in actual combat, although, as an actual fact, many things are done with it in a friendly assault at arms, which would scarcely be attempted in a fight with uncovered points. Its blade, which is usually about thirty inches in length, is mounted in a slightly-curved handle, at one end of which is the guard, and the other the pommel. The blade is divided into two parts, that nearest the point being called the "feeble," and that nearest the guard, the "forte." The "feeble" is used for delivering attacks, the "forte," for making parries. A rubber button placed over the point affords protection against injury.

A wire mask, padded glove, and rubber-soled shoes, complete the necessary part of a fencer's outfit. Canvas fencing jackets are usually worn by men and plastrons (quilted protection for the breasts) by women.

Provided with the above-described outfit, the embryo swordsman, or swordswoman, is ready to take up the study of the fascinating art of fence.

The first thing to be learned is the footwork, for unless the fencer is able to advance, retire, attack, and recover quickly and without overbalancing, his knowledge of the various attacks and parries will avail him but little. To learn this footwork, the fencer first takes a position similar to that of a soldier standing at attention. From this position he makes a half face to the left turning his feet at right angles to each other, the right foot

pointing to the front and the left foot to the left. The right foot is then advanced about sixteen inches, the knees bent and the weight of the body distributed equally between the two legs. As the legs act as springs, it is of the utmost importance that they should be well bent, so as to increase the reach when delivering an attack.

Fencers call this bending of the legs, "sitting down well on the knees," and consider it one of the most essential features of their art.

Standing thus with the body evenly balanced above the well-bent legs, the student advances his right foot about four inches and follows it quickly with his left for an equal distance, care being taken not to disturb the balance of the body in so doing.

This movement is called the Advance. The Retreat is executed by first moving the left foot backward and then following it with the right one. When the student has learned to advance and retire quickly, he is then taught the Lunge, the medium by which attacks are delivered.

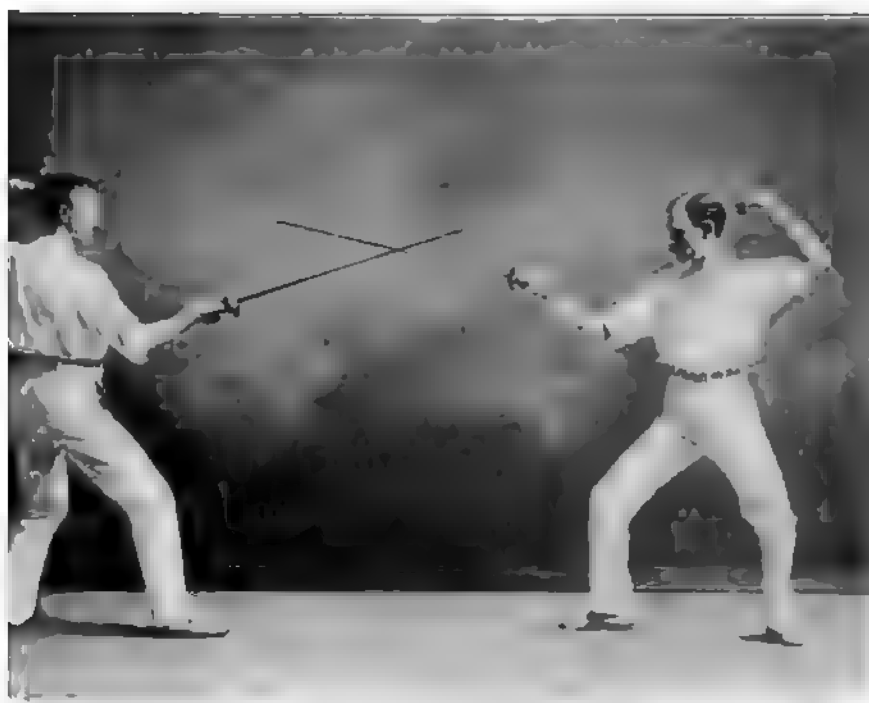
To make a Lunge, the right foot is advanced about twice its own length, body inclined forward with the weight of it resting wholly on the right leg, and the left leg is straightened. In making this movement, care has to be taken not to move the left foot, as to do so, although it increases the length of the lunge, seriously retards the quickness of the recovery. To recover from the lunge, the weight of the body is thrown backward, the left leg bent and the right foot brought back to its original position.

Having learned to advance, retire, lunge and recover, the student next takes his foil and is ready to consider the questions of attack and parry. The manner

of holding the foil is something that serves the closest attention, for upon it depend to a large extent the delicate touch which is so essential to good fencing. A foil that is properly held is grasped lightly but firmly in the hand with the thumb extended along top of the handle. As the movements of the foil are largely controlled by the thumb and first two fingers, the motion of the other fingers should be as light, except when making a parry. Fencers go so far in this direction as to remove the grasp of the third and fourth fingers altogether in making an attack, but this, in the opinion of the author, is an error, as it weakens their hold on the weapon, to such an extent as to cause them to be frequently disarmed.

With the foil properly held, the fencer should stand with his feet about six inches apart, his right hand at the height of his breast, and his left hand in a curved position behind his head. This position, which is known as Guard, is the one which is best adapted for both attack and defence, and is the one always taken by fencers when crossing blades.

When on guard the fencer is open to attacks delivered either on the right or the left side of his blade, and must consequently hold his foil so as to be ready to parry in either of these lines. In order to distinguish between these two classes of attacks, those made to the left of the blade are said to be in an inside line and those to the right of it in an outside line; in a similar manner an attack delivered above the opponent's sword hand is said to be in a high line, and one below it in a low line. Each line is known by the name of the parry which defends it: Quarte for the high inside, Tierce for the high outside, Septime for

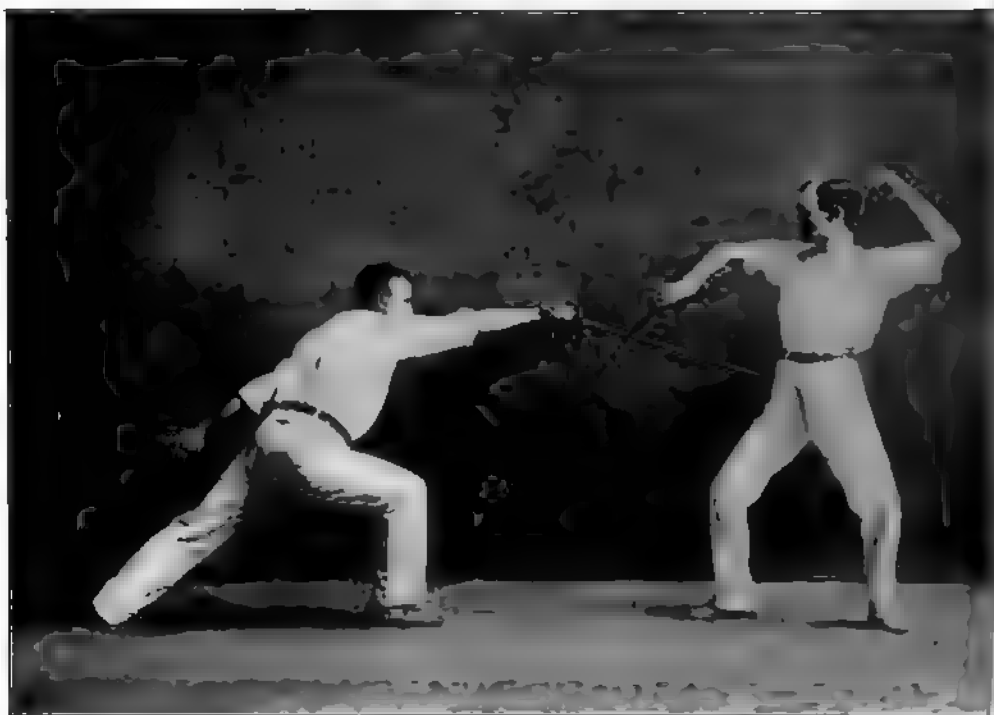


ON GUARD.

side, and *Seconde* for the low. When his blade touches that of the opponent in that line, engagement is effected with the high line being effected with the points upwards, those in the line with the points downwards. Disengagement from one line to another is called disengaging. Disengagements are effected by passing the blade over that of the opponent if engaged in a high line, and over it if engaged in a low one, care being taken to keep as close as possible to the opponent while making the change, so as not to be hit with a direct thrust at the execution of the movement. Attacks are delivered by means of the right hand being raised to the

height of the shoulder, the arm straightened and the point of the foil directed against the opponent's body. In modern fencing only such hits count as are placed upon the jacket of the adversary between the neck and the waist. Attacks are of two kinds—simple and compound; a simple attack being one made in the same line in which the fencers are engaged, a compound attack, one which is preceded by a disengagement, a feint, or some movement which forces an opening in the opponent's guard.

Attacks are frustrated by means of movements termed parries which meet the attacking blade and turn it aside. Parries are of two kinds—simple and counter; simple parries turn aside an attack by moving directly against it, counter parries circle around it before carry-



ATTACK AND PARRY OF SECONDE.

ing it out of the line. There are eight simple parries and an equal number of counters, but only four of each are in common use, these being known as the parries of Quarte, Tierce, Septime and Seconde. In making the parries in the high lines, the point of the foil is upwards, in parrying in the low lines it is downwards.

After a successful parry a good fencer always delivers a return thrust, made without a lunge, called a riposte, with which he endeavors to hit his opponent before he can recover his guard. The riposte is a very effective form of attack when used against a man who is at all slow on his recovery, as the quickness with which it is darted in makes it extremely difficult to parry. Cool fencers

will often deliberately invite an attack, which they feel confident they can parry in order to secure an opening for a riposte.

When engaged in an assault at arms, the fencer always endeavors to draw out his opponent and discover his weak points, and then plan to take advantage of them. Some fencers are best on the attack, others on the defence, some have favorite attacks, and others favorite parries. These are things which a man who faces an unknown opponent must find out and seek to turn to his own advantage, and this is what makes modern fencing a truly royal sport, in which an active brain, a quick eye, a supple wrist, and a perfectly-poised body count for far more than mere physical strength.

KNOW YOUR BODILY MECHANISM.

BY S. T. ERIEG.

affairs of human existence, ambitious individual uses a certain life to prepare for life's vocare can be nothing had in this it is really worth having with-and thoughtfulness on the part individual. This is one of the nature. She will not permit her to possess superior things without for them. The individual be content to pick fruit from and under the tree must be satisfied with inferior fruit. To get the best we must climb the tree and reach the highest branches. It is the way of all good things, we must reach and strive for them; it is the nature. Even the vine in order that it may show its beauty, must climb tendrils for support and mount. It is an effort for even a blade of grass to push its way through the soil and grow.

The same work and attention that is employed to achieve the best results in all departments of life, can be applied with equal exactness with reference to the welfare of the human body. Those who would retain their health, and be in the most superb condition, must first learn to know the body, otherwise they will meet the same results as a machine in the hands of an unskilled operator.

The human body is the greatest of all (if we may so call it) and it is necessary to know how to take care of it to realize prolonged life, health and happiness.

All other earthly things are insignificant when compared to health. What do riches amount to without health?

Strange as it may seem, that which is the most important, and upon which our career most depends, receives the least of our attention. Clothes and other things are cared for and looked after, while the body is neglected; a fact evidenced by the disease and sickness that commonly prevail. The careful engineer would not think of starting his engine and setting the machinery in motion unless he knew that the machinery was in running order. Neither would the thoughtful man think of working a sick or disabled animal.

Some of the lesser affairs of life are given prodigious importance when compared to that given the human body. While the body should be guarded with care, there is a disposition to the contrary. The day's work is started without giving the body a thought as to its fitness for a day's work. Even if the body is out of order, poor thing, it must perform its accustomed work, regardless of results. If the body were given time to repair when out of order, much sickness might be avoided. A fireman who has the welfare of his employer at heart will not put more coal under his boiler than can be readily used in producing the desired amount of steam. But firemen and others, will put more food in their stomachs than can be assimilated.

A careful study will convince anyone, that most of the bodily ailments come from the things put in the stomach.

There is too little attention given to the human machinery. There is the real source of all the trouble.

Granting that a part is the result of carelessness and "don't care," the other portion might be ascribed to lack of physical instruction. Almost all schools now have physical instruction, but often this department is apportioned the least of attention. The books on physical instruction for the Common Schools usually deal too much with names and location of parts and not enough with practical instruction of the human body and its proper care.

To sum the matter up, the human body does not receive the care and attention that it should. The course run is usually the same. A careless life is

lived, and when the system of order and the body is "run-down" condition, the doctor summoned to display his knowledge do the thinking that the individual should have done.

Comparatively few strike the glorious note of true living, and their innate powers. The man or woman who sufficiently reflects on the essence of life, and would develop mental and bodily to the greatest extent, must learn to know the human body. The Creator gave the dumb creature instinct, but He gave man intellect and reason, and for these powers there is a great obligation which we must fulfill or give an account of our stewardship.

One of the many splendid charities of New York City is that of the Siegel-Cooper Company Employees Association. They have built at Long Branch several cottages, and during the summer every worker in the big Sixth Avenue establishment from the highest salaried to the humblest, is given a week of rest and enjoyment, without any charge. The cottages are superbly located on a great green lawn almost

hidden by trees. The ocean is but a few blocks away. Each Saturday a contingent of girls is escorted to the cottages. No expense is spared in entertaining the guests during their stay at the cottages. Everything tends to increase their comfort and happiness is provided liberally. They obtain the best of foods, and are accorded as much attention as though they were guests at a first-class hotel.

We have it on the authority of a professor of the University of Ghent, the great panacea for all ills is common salt according to his theory, salt being the great regulating agent. If the blood be too rich salt will clarify it; if it be too poor salt will strengthen it, and furnish it with the necessary elements. He estimates that the quan-

tity of salt which every adult in perfect health should consume daily is two-thirds of an ounce, and he saves the length of saying that if every man would only take salt, centenarians would become almost as common as new-born babes! What, we may say, has become of the centenarians? *Health*, London.



CONDUCTED BY HARRIET HEMIUP VAN CLEVE.

NOVEMBER.

"I, though no churchman, love to keep,
All saints' day."—Lowell

"Blessed Saints, our hearts shall find you
all some day,
When evening brings us home."

"On Thanksgiving Day, from East and
from West,
From North and South come the pil-
grim and guest,
When the gray-haired old man sees
round his board,
The old broken links of affection re-
stored,
When the care-wearied man seeks his
mother once more,
And the worn matron smiles where the
girl smiled before."

This month of November holds in its
keeping two festivals of tender affection,
around which cluster many holy memo-
ries.

These days are full of the mist of
years long dead, and the joys of the fu-
ture which shall give us back what the
years have taken from us.

The first is All Saints' Day, which
Lowell calls the crest of all the holy
days.

"I love to keep All Saints',
Remembering the good that rest in
God's still memory folded deep."

The beautiful custom of strewing the
graves of the dead on All Saints' Day is
universally observed in France, thus
keeping their memory ever green.

Thank God, many of the old ideas of
death as a fearful monster are passing
away, bringing us a more hopeful as-
pect of the future, leading us to believe
that at last we shall find the river of
peace and there live the life for which
we have longed.

With these brighter hopes, the cus-
tom of wearing sombre crape has, in a
measure, passed away, or at least been
much modified. These sable robes are
only a reflection of the darkness of the
grave, and do not seem appropriate to
those who believe in the Heavenly home,
where our beloved have found life more
abundantly.

The wearing of these sombre clothes
not only is a constant reminder of the
bitter grief, but effects more or less the
health, for the physical is often a reflec-
tion of the mind. Not long ago I heard
a little child asking its mother to put on
pretty clothes, she had never seen her
in anything but the deepest black.
These things are well to ponder over.

and we owe it to ourselves, our children and our friends to be, even in our griefs, as unselfish as possible.

As one by one the dear saints fall asleep, let us hold them close in loving remembrance, for they are not strange and far away, but nearer than we know. How familiar that country, the Beyond, has grown since those we loved have entered there, and so we keep All Saints' Day, gathering into the sacred festival our loved ones who are waiting on the Shore, more beautiful, more precious than before.

Thanksgiving Day! no need of a magician to conjure up the pictures which time has hung on the walls of memory.

The big white house, where a royal welcome waited us all, large and small. I can see the dear faces standing in the doorway, and smell the appetizing odors which greeted the hungry travelers. Never will there be such feast spread again.

When the shadows fell we gathered around the open fire and listened to the stories which fell from the eloquent lips of my grandfather.

What if our dreams were disturbed by grim visions, because of our well-laden stomach! Had we not enjoyed Thanksgiving once more at grandfather's?

The grass has grown over the well-worn doorstep, and the dear feet, whose step was music to our ears, are now walking the streets of the Golden City.

"Round the board so crowded

Wider grow the spaces,

For the table-setting

Fewer are the places."

The years roll around in the same old way, bringing the autumn with its boun-

tiful harvests. When the festal comes we still raise our hearts in the giving and celebrate the old-time val, grateful that still dear hearts are to keep it with us.

"Dear hearts are here,
Dear hearts are there,
And love is sure of love."

A few sayings about "Health" great minds:

"Health and cheerfulness mutually get each other."—ADDISON—*The Tatler*.

"Nor love nor honor, wealth nor power
Can give the heart a cheerful hour
When health is lost. Be timely with
With health all taste of pleasure lost."
—GAY—*Fables*

"Good health that snuffs the morose
air."—JAMES GRAINGER.

"There are three wicks, you know
the lamp of a man's life: brain, body
and breath. Press the brain a little
light goes out, followed by both
others. Stop the heart a minute,
out go all three wicks. Choke the
out of the lungs and presently the
ceases to supply the other centre
flame, all is soon stagnation, cold
darkness."—O. W. HOLMES, *Professor
at the Breakfast Table*.

"Health consists with Temperance
alone."—POPE—*Essay on Man*.

"Now, good digestion wait on appetite
And health—on both."—MACBETH

avail the largest gifts of
even,
rooping health and spirits go
ss?

less than whatever can be
en!

is the vital principal of bliss,
ercise of health."

ISON—*Castle of Indolence.*

s the second blessing that we
capable of: a blessing that
not buy."—IZAACK WALTON.

buys health can never be ill-
t,
laid out in harmless merri-
." —JOHN WEBSTER.

g sickness has taught me that
hless, when health has gone
IAKESPEARE.

USEFUL HINTS.

ng hair brushes, never use
water or soap, as both discolor
and loosen them from the
olve soda or borax in hot
let it get almost cold, when
just right for use. Dip the
nd out of the water till clean,
not to wet the backs of the
inse in clear cold water,
y as possible and stand in the
fectly dry. Never put a brush
e or in the sunshine to dry,
I soon spoil the color of the

pump is very good for re-
t from corners when it can-
ched by a cloth. Run the
f the rubber tubing over the

surface to be dusted, while working the
pump with the foot.

New kid gloves, if warmed before the
fire, may be put on without difficulty.

Brooms will last longer if they are
dipped before using, in hot soapsuds un-
til thoroughly soaked.

Put a screw eye in the end of the han-
dle, by which to suspend the broom from
a long nail in a convenient place.

A piece of orris root placed in the bot-
tom of the boiler on washday will give
the clothes even when dried, ironed and
worn, a delicate odor.

A lump of alum the size of a hickory
nut, added to each pint of starch for mus-
lins, calicoes and gingham will keep the
colors bright.

Piano keys may be whitened by this
method: Take some finely-powdered
whiting and apply it to the keys with a
damp cloth, then polish with a dry cloth.
If there are any discolored spots on the
ivory, rub with lemon juice before using
the whiting.—*Answer by Request.*

Lemon syrup, made by baking a lemon
twenty minutes, and then squeezing the
juice upon half a cupful of sugar, is ex-
cellent for hoarseness and to break up a
cold.

Enameled ware that has become
burned or discolored may be cleaned by
rubbing with a paste formed of coarse
salt and vinegar.

RECIPES.

"A well-fed man, is a happy man."

To make a delicious Graham pudding, put a cupful of molasses, a cupful of sweet milk, two cupfuls of Graham flour (not sifted), a tablespoonful of melted butter, a scant-teaspoonful of soda, half a grated nutmeg and a cupful of raisins, currants and citron mixed into a bowl, and mix well. Turn into a mold and steam three hours.

For prune pudding, soak a cupful of tapioca over night. The next morning cook until it is soft in a little water. Then mix with it a cupful of sugar, a little salt, a cupful and a half of stewed prunes which have had the stones removed, a third of a teaspoonful of cinnamon and the juice and rind of a lemon. Turn into a mold and put in a cold place. Serve with whipped cream.

CONCERNING WOMEN.

R. F. Collier recently purchased the birthplace of Abraham Lincoln. It was an act full of patriotism. The soil that gave birth to that majestic man is more sacred than common clay.

Some one asked what made Lincoln great! Heredity, environment, or personal endeavor?

All these forces combined, but he, like all great men, had a great mother. When that wilderness mother, Nancy Hanks Lincoln, died in the log cabin in Indiana, she put her hands upon the head of eight-year-old Abraham, and said: "I'm going away, my boy, but I want you to remember that your mother wants you to be a good and useful man." And always, we know, Abraham Lincoln felt his mother's hand upon his head, and he

determined to make his mother's dream of him come true.

Pluck, persistence, spirit of endurance added to a mother's love and long made Abraham Lincoln great.

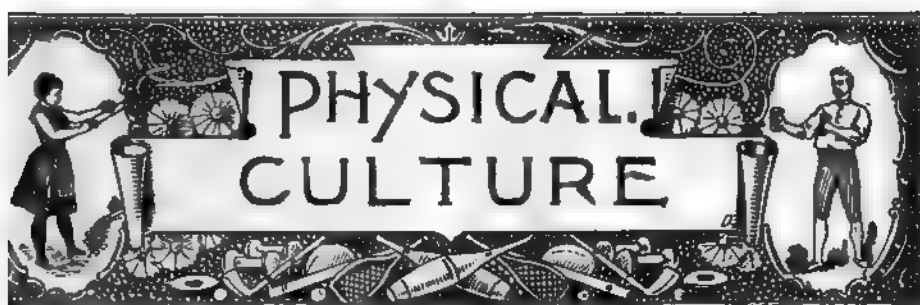
The touch of a vanished hand and sound of a voice that was still, were the least of the great forces in his life.

Every courtesy that might have been accorded a Queen was extended to Alice Roosevelt during her visit to the Philippines; she was dined and feasted as an American woman never was before. Probably the most splendid of social events, was the banquet given in honor of the Taft party and the President's daughter, by the Manila Chamber of Commerce. Under a bower of tropical verdure, including flowers of the best kind, and ferns and palms, sat the President's daughter, surrounded by distinguished Americans and high dignitaries of the Philippine Government.

Fountains played in the fairy circle of the picturesque building, and dramatic music, such as only the Spanish-speaking people can play, lent enchantment to the occasion.

Mark Twain has had the following touching lines cut in the modest black marble which marks the resting-place of his wife in the cemetery at Elm N. Y.:

"Warm Summer sun,
Shine kindly here,
Warm Southern wind,
Blow softly here,
Green sod above,
Lie light, lie light.
Good-night, dear heart,
Good-night, good-night."



CONDUCTED BY PROF. ANTHONY BARKER.

WRESTLING.

No. VI.

These illustrations especially posed by Prof. Anthony Barker and Al. Treloar, "The Perfect Man."

In this, the last article on the art of wrestling, I will describe two methods of completing the fall. This is really the most important part of the whole game. Many clever and aggressive wrestlers lose their contests with inferior ones because they have not the ability to



PHOTO I.

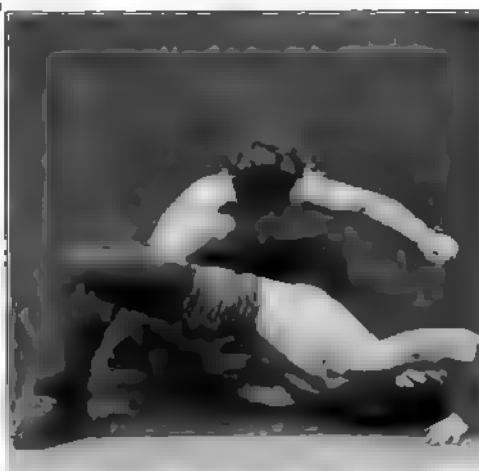


PHOTO II.

complete the fall even after they have virtually gained it. After both men work up a perspiration in wrestling, their bodies become so slippery that it is very difficult to make any hold stick. It then requires the finest kind of skill and great care and coolness to complete the fall.

I will first describe one more method of attack from the position of the third cut in Article I. Suddenly seize your opponent's near leg high up with both arms. Stand up quickly, lifting him by



PHOTO III.

the leg. Run forward with him so suddenly that his head rolls under, and you crumple him upon the mat. (Photo 1.) The lift and the run forward are all one motion. From this position drop him and try to secure a crotch hold from in front. Photo 2 shows the man just dropped from Photo 1, and the crotch hold from in front secured. Thrust your arm clear through and under until your hand is un-

der the middle of his back at the belt. Maintain this crotch hold until the very last. Suppose then, he twists towards you in an effort to squirm onto his chest. Your crotch hold prevents partly, and as he turns, place your other arm on his neck and lower your shoulder so as to block his uppermost arm, which he will try to slip through between his own body and yours. You then have the crotch hold from in front, and with the other arm a sort of incomplete half-Nelson. (Photo 3.) With this combination push and pry him slowly over, being careful not to lean over him with too much of your body, or you will be out of balance. He will bridge up on his head and feet to keep his shoulders off the mat, and will then suddenly flop the other way, away from you, and if he is a strong man, will stand a good chance of pulling you bodily over him and rolling on his chest. On this account always watch your balance. As he flops suddenly away from you, main-



PHOTO IV.



PHOTO V.

our crotch hold as at the first, and your other armpit and shoulder his arm as shown in Photo 4 to t his rolling too far. All this o not try to crush him down. Take

your time and tire him out. Then pull him towards you until he flops again toward you. At the moment he flops, use your arm as in Photo 3. You will thus move him from position of Photo 3 to Photo 4 and reverse several times. Finally choose a time when he is in position of Photo 3, that is, toward you, and lift him with your arm which has the crotch hold, and standing him on his head as in Photo 5. Notice that the other hand has a good half-Nelson now. Turn him a quarter round and slam him down with great force, throwing your weight on him at the same time. (Photo 6.) This will break his bridge and bring his shoulders to the mat, provided you have tired him out sufficiently beforehand. If it fails, you still have the crotch hold, and can again roll him back and forth from Photo 3 to Photo 4, and reverse, blocking his arms each way until you are sure he is tired. Sometimes if the lift and



PHOTO VI.



PHOTO. VII.

slam fails, you can instantly repeat it several times until he is crushed down. Do not attempt to try this lift and slam down except when he is turned towards you as in Photo 3.

This crotch-hold-from-in-front combination may be arrived at from many other attacks than the one shown in Photo 1. Sometimes, in a general mix-up on the mat, you will see a chance to thrust your arm through your opponent's legs from in front or underneath and secure this crotch hold. In that case, you stand a good chance of winning very quickly. Some wrestlers rely greatly on their power of bridging and spinning over the head, and will do so, to get out of ordinary holds. Such a man can be caught just when he is wrong side up, by your driving your right arm through from in front, and securing this crotch hold from in front.

This crotch-hold-from-in-front method of cinching the fall could not be used in Gracco-Roman wrestling, as in that style, it is not allowable to grab below the waist. Photo 7 shows a method of cinching the fall which would be all right in either Gracco-Roman or catch-as-catch-can wrestling. As you will see, both the under man's arms are blocked, so that whichever way he flops, he cannot roll clear over onto his chest. In this position, the balance is very difficult for the upper man. If the under man is strong he has an excellent chance of rolling the upper man bodily underneath him. Observe how the upper man has his feet spread and braced to prevent this.

Photo 7 is the logical finish of the hold described by the first photo in Article II. of this series.

G A. Kessler, of New York, gave a \$100,000-dinner last month to twenty-four guests at the Savoy Hotel. The

old courtyard of the hotel was flooded and the walls hung with Venetian scenes, creating an illusion of a Venetian lagoon.

THE LOGIC OF HEALTH.

BY ROBERT WALTER, M.D.

resting article on one of the important subjects connected with health, appears in the October under the above caption from the r. A. Warren; and as it is evidenced to controvert ideas which been advocating in previous we take the liberty of review- of his positions, and pointing e believe, some of their inher- esses. We hope that Mr. War- eel at liberty to correct us if we takes, and continue to discuss ct to the end that the truth may ated and the cause of human advanced.

Warren has given us many with which we heartily agree, rticularly when he says we dmit nothing without adequate [his method," he declares, "has strictly pursued," referring no the four articles on "The Pres- of Health," that have appeared us numbers of this journal pen. These are made up of a ent of truths previously estab- our "Exact Science of Health," the reader is referred for ade- d overwhelming proof of the mmarized. In that work we only described the facts ob- it have demonstrated the law oduces, and being understood, hem. Nothing short of this is ery fact involves a theory which it, the theory being worthle

however, unless it is again verified by the fact. But as this subject is quite fully treated in current articles on "The Causes of Diseases," we here leave it, and proceed in search of proof of the doctrines set forth by Mr. Warren. For he surely does not expect us to be satisfied with mere assertion without illustration or argument.

We pass over the doubtful assertion that "organized life" is a process of decay as well as growth, and proceed to the more important statement that matter having been assumed to be lifeless until it has had life communicated to it, "this initial mistake vitiates every argument constructed upon it, as it has been proven beyond controversy, and it is admitted by all scholars, that force is one of the essential attributes of matter."

As this is claimed to be "admitted by all scholars," it ought not to be difficult to name at least one of them who makes the admission, and give us chapter and verse in which it appears. We have never in our studies happened to come across it, but we have found an interesting reference to the subject by a great author, Sir William Hamilton, who says, (Metaph. I, 151) that it is "ridiculous to talk of the attributes of matter."

But Mr. Warren further says that as "force is one of the essential attributes of matter," "the question thus becomes that of the transmutation of energy." Why does he not say the transmutation

of force? It is *force* that he has been discussing; why pump over to "energy?"

The shifting of premises is one of the most common and efficient means of obscuring truth and advocating error. The English language is a model of inexactness, due to the fact that the meaning of terms is constantly changing, and that hardly two persons use the same words in the same meaning. Mr. Warren seems to mean by "essential attributes" "inherent qualities," which enables us to perfectly agree with him, this inherent quality proving absolutely the impossibility of the transmutation of force. Force being inherent in matter can never desert the matter, which it must do if it would be transmuted into something else. Think of gravity disappearing from matter, in order that it may appear as heat or light. This is no doubt the reason that Mr. Warren drops the word "force" in this connection and now talks of the transmutation of "energy." As matter cannot exist without force, so no force can desert matter and consequently cannot be transmuted into some other force.

One of the strong points of the so-called evolution system is the ability of its authors to juggle with words. Prof. Joseph Le Conte, for instance, admits the difference between "force" and "energy," but justifies himself in using these terms interchangeably as best suits his purpose, by citing the ignorance of science on this subject, and closes by saying, "If anyone should charge me with want of precision in language, my answer is, Our language cannot be more precise until our ideas are far clearer than now." This is surely the reason why Mr. Warren shifts his premises from "force" to "energy."

But the transmutation of energies even, has never been proved, though we are willing to accept the doctrine provided the word is properly defined. Regard "energy" as "force in process of work," and one can readily see how the process may be changed indefinitely, while the force underlying the energy is not and cannot be transmuted into anything else, for the reason that it is inherent, indestructible, eternal and unchangeable, as is its author.

The transmutation or transformation of energies or forces is a *theory* of science often sought to be proved but never accomplished. Herbert Spencer gave to it greater thought perhaps than anyone else, for he recognized it to be a cornerstone of his philosophy. Through many chapters he continues to propound it as a necessary theory until in Chapter VIII., of his *First Principles*, he undertakes to verify his theories by an appeal to the facts, that is, by inductive proofs, but after twenty-five pages of argument from theory, he says:

"The truth, as arrived at deductively, cannot be inductively confirmed," and after repeating this truth in other forms, he further says:

"What, then," it may be asked, "is the use of these investigations by which transmutation and equivalence of forces is sought to be established *as an inductive truth*? Surely it will not be alleged that they are useless, yet if the correlation cannot be made more certain by them than it is already, does not their uselessness necessarily follow?"

Mr. Spencer says it does not, and we agree with him. But they prove useful *not* to sustain transmutation but to disprove it; useful not to exhibit the log-

nen or erudition of Mr. Spencer, expose him to ridicule, such as the vill surely yield him.

Now Mr. Warren tells us that "af- s not a force at all, in which re- : repudiates the teachings of all s. Spencer repeatedly refers to force; Le Conte's "Evolution" t among the list of forces which are transmutable; John Tyndall : by the side of gravitation as its Faraday has it in his list, and in eading, we have never before run n author who doubted that chem- nity is a real, intrinsic force of inherent in the constitution of erial things. "Adequate proof" s *not* would be in order *here*.

recur once more to Mr. Warren's "admit nothing without adequate

proof," and naturally inquire for the proof of his pet doctrine that "*all matter is inherently alive*." We know that plants and animals are alive because they grow by virtue of power within, but who will say that the same test will apply to rocks, or clay, or mountains?

And then if all matter is alive, where is the need of transmuting force in order to give life to animals? If life is already in the food we eat, we need only to appropriate this life, which is a very different thing from transmuting it out of something else.

If these are Mr. Warren's premises, what can we think of his conclusions? We very much fear that he has not carefully considered what is involved in his revolutionary propositions.

THE CURING OF WILLIAM HICKS.

Hicks had asthma—shook the
ors

each recurring paroxysm;
ctor made him live outdoors,
that gave him the rheumatism.

ctor cured his rheumatiz—
at there never was a question.
acids stopped those pains of
'
left him ill of indigestion.

sia fled before a course
iting grain. It would delight us
eer this plan till we were
urse—
Hicks then had appendicitis.

He rallied from the surgeon's knife,
And laid six weeks without a quiver.
The operation saved his life—
The loafing, tho, knocked out his
liver.

To cure his liver troubles he
Tried muscle stunts—you know how
they go:
From liver ails he then was free,
But all the strains gave him lum-
bago.

Lumbago is a painful thing;
A masseuse with a visage solemn
Rubbed the lumbago out by spring,
But twisted poor Bill's spinal
column.

To rid his backbone of the twist
 They used some braces. They were
 careless—
 The padding for his head they missed;
 This made him straight and left
 him hairless.

Drugs were prescribed to grow his
 hair.

These acted just as represented;
 They put his scalp in good repair,
 But soaked in, and left Hicks de-
 mented.

Then to a sanitarium

They took Bill. He was wisely
 treated;
 His brain with health began to hum—
 Then asthma!—ward was poorly
 heated.

“More open air,” the doctor said.

Bill Hicks cried: “No, you shall not
 lure me.

I’ll stay in peace upon my bed,
 And shoot the man that tries to cure
 me!”

—*Walter D. Nesbit*, in the “Char-
 acter Builder.”

One of the earliest suggestions of the submarine was that of a British smuggler, Johnson, who invented a boat that was to travel under or above water. With this vessel he proposed to carry Napoleon from St. Helena, but the emperor died while the boat was under construction. The adherents of the emperor promised Johnson two hundred thousand dollars on the day the boat was ready to start and an immense sum if it proved success-

ful. Some years later Johnson built a boat with which he experimented in the Thames for the British admiralty. In this connection it may be mentioned that one of Napoleon’s marshals, Massena, began life as a smuggler on a large scale, and Commodore Thurot of the French navy of that time obtained his knowledge of the British coasts while in the employ of a smuggler.—*Waverley Magazine*.

Three singular preparations of grape juice are known in Turkey, and our consul at Harput thinks they might all be made and liked in this country. Basduk consists of sheets resembling leather, by evaporating grape juice to the consistency of molasses, then mixing flour with it and drying it on cotton cloth in the sunshine. Kessme is in cakes half an inch thick. It is made by using coarse

wheat grits instead of flour to mix with grape molasses, and is dried on metal plates. Sujuk, a still more savory preparation, is made by stringing walnut meats on twine, and then immersing the strings thus formed in the mixture of flour and grape juice. When coated about a quarter of an inch thick the strings are hung up to dry.—*Exchange*.

EDITORIAL DEPARTMENT

BY CHARLES A. TYRRELL, M.D., EDITOR.

Absolute cleanliness, both internal and external, is the golden key that unlocks the door of perfect health.

VOL. LV.

NOVEMBER, 1905.

No. 11

CONDEMNING UNFIT FOOD.

We have been waiting with considerable curiosity to see what other city would follow the example recently set by Chicago, in the person of the new Health Commissioner, Whalen; but as yet we have failed to note any anxiety on the part of any other Health Board, to "go and do likewise." Commissioner Whalen's energetic and totally unexpected crusade against unfit foods created quite a panic among the produce dealers. Five competent inspectors forming what is termed the "flying squad" and armed with oil cans, descended upon the unsuspecting dealers, and deluged with oil any foods they found unfit for human consumption. No excuses were accepted, no leniency shown. Fish, fruit and vegetable dealers, all alike found that no clemency was extended; the squad was no respecter of persons. South Water street denounced the crusade as an outrage, for the millionaire dealers had grown so accustomed to the old order of things that they did not dream that any mere Health Commissioner would dare to even inspect their wares, let alone condemn them. But Mr. Whalen declares that he was appointed to enforce the law and

he purposes doing so, and that "pull" is a stranger to his department. Nor did the stockyards and milk dealers escape. In proof of the necessity for inspection at the first named, sixty-one hogs and forty-nine head of cattle were condemned in two days, while 416 gallons of milk were shipped back to the farmers that sent it into the city, because the cows had been fed on brewery malt. This quantity was sent back in one day, and the farmers will not be allowed to send any more milk to the city, until they have changed the diet of the cows. That the conditions existing in Chicago are duplicated in other large cities, is beyond question; but where are the fearless, independent Health officials to follow the trail blazed by Commissioner Whalen? All honor to Chicago for the notable example she has set. It is reform in the right direction—the purification of the food supply, on which the health of the community depends. Let the good work go on. Let every city follow suit.

DON'T GRUMBLE.

If there is one fault that is more objectionable than another, it is grumbling.

The grumbler has a chilling and depressing effect upon all with whom he comes in contact. Some people regard grumbling as a venial offence: but if we were asked to define it, we should class it as a vice, and one of the worst. A grumbler can not only destroy the harmony of a household, but the peace of an entire neighborhood. When the grumbler happens to be one of the family, life, to the rest, becomes a burden. It is a question whether any other vice—even drunkenness—can so thoroughly and effectually disrupt a home. In the case of a member of the family it is so hard to resent it, and yet the constant complainings seem like a reproach to us. The moral effect of the presence of a grumbler is to chill the very soul, in fact, upon a sensitive nature it has the blighting effect of a biting frost. And what is gained by it? Absolutely nothing, while the loss is incalculable. Love will endure much; but that love must be of the most lofty kind that can survive the constant companionship of a grumbler. And what of the individual? Not only is the moral nature dwarfed by this cankering vice, but the physical also, for the one is dependent on the other. Therefore, don't grumble. Life is too short to sow discomfort around us by yielding to the pitifully selfish vice of grumbling, for it is pitiful in the extreme to see such a lack of mental poise as the act of grumbling reveals; and it is intensely selfish to mar the happiness of others for the personal gratification of airing one's grievances.

ARE DRAUGHTS HARMFUL?

It is astonishing what an unreasoning dread many people have of fresh air. They seem to shrink from the least sigh

of the winds of Heaven. Every breath of air is characterized as a draught, and consequently a thing to be shunned. In this country, where the dwellings are almost invariably overheated, and open fireplaces practically unknown, a large proportion of people confine themselves in rooms unduly hot and imperfectly ventilated, and the effect of breathing an atmosphere deficient in oxygen, and charged with noxious gases in addition, is to lower the vitality, and consequently to render the system sensitive to chance currents of air. But the shrinking from contact with cold, fresh air is the very best means of increasing the sensitiveness. Vitiating air is exceedingly pernicious to health, and the effects of breathing it continually are first manifested in the nervous system, by drowsiness. Poisonous matters that should be exhaled from the body, are retained in the blood, rendering it impure, thus inaugurating a form of anemia, which soon shows itself in pallor, depression and loss of appetite. When the system is thus debilitated, draughts may be regarded with a certain degree of apprehension, as it is less able to withstand climatic changes. Under such circumstances, contact with fresh air should be unrestrained. The body should be well protected from the cold and brisk walks taken in the open air, at the same time breathing deeply and thus furnishing the system with the oxygen it needs. If people, generally, could only be brought to realize that oxygen is itself a food, and the most important one to life, we should have far less sickness, and the morbid dread of draughts would disappear from among men. Accustom the system to unlimited fresh air, not only out of doors, but in

the home as well; especially at night. The majority of sleeping apartments are unfit for human residence, because of insufficient ventilation. The bedroom is the place in which the longest portion of our time is continuously spent, yet the least attention is paid to it. Have at least one window open top and bottom to ensure a current. Put on double, nay triple, the amount of coverings if necessary; it will be found that the body can be kept much warmer with an open window than without, for the oxygen thus obtained will keep the internal fires burning with increased vigor. Practise the above suggestions, and you will speedily realize that the fear of draughts is a bugaboo.

DIGESTIVE AIDS.

Our attention was recently arrested by the advertisement of a digestive remedy, in which the public were informed that they could eat mince pie with impunity if they were only provided with the remedy in question, to ward off the ill effects. It is the opinion of all advanced physiologists, that errors in diet, which includes overeating and improper combination of foods, lie at the root of seventy-five per cent. of human ailments, and that moderation in this respect is the one rational means of prevention and cure. It is not a little disheartening, therefore, to find the vendors of proprietary remedies endeavoring to counteract this good work by the propagation of such pernicious statements. It is a direct encouragement to gluttony, and unfortunately the average human being needs but little inducement to overstep the bounds of prudence and moderation, where his stomach is con-

cerned. To the conscientious dietetician the advertisement in question is equivalent to offering for sale the antidote to a poison, on the plea, that when provided with the antidote, the poison might be taken with impunity. Could anything be more subversive of right living? Is it any wonder that mankind is daily yielding more and more to excesses, when immunity from the consequences is promised in specious advertisements? What must be the moral status of men who can deliberately put forth such a persuasive allurements to wrongdoing? The most disheartening feature in the matter is, that there seems to be no remedy for it. So long as newspapers are willing to admit these advertisements to their pages, so long will these harpies continue to prey upon the public. Many of the best magazines are excluding these matters from their pages; but the only effectual remedy would be a State or Federal bureau of censorship to pass upon these matters.

THE CURIOSITY OF CHILDHOOD.

It is not only the nature of children to ask questions—it is their privilege. Why should they not do so? How are they ever to become acquainted with the world in which they live, its thousands of mysteries, unless the knowledge is imparted to them? And the elders seldom volunteer information. The spirit in which children's questions are usually received and replied to, is far from the correct one. Too often they are impatiently listened to, and petulantly replied to. In many instances the child is told not to bother, and the curious child nature is thrown back upon itself, its longing for information unsatisfied. Granted, that

a busy life tempts a parent to disregard childish enquiries, it is a manifest injustice to withhold the reply. Remember the child was brought into the world without being consulted in the matter; that it is its privilege to ask for information from its parents, consequently the parents are bound by all law, human and divine, to satisfy the mental as well as the physical needs of their children. The questions of a child should be treated with all consideration, no matter if they appear to be aimless and irrelevant, to the child they are all important. It is true that the questions sometimes asked by children would puzzle a sage to reply to them, but that is no reason why they should be snubbed for asking them. If the parent has not the reply at command,

there is no loss of dignity in admitting it to the child, and promising to secure the information. If the child does not get its questions replied to by its parents, it will seek the information elsewhere and possibly from an untrustworthy source. Those who contract the obligations of paternity are in no case absolved from any of its responsibilities. Few people seem to realize that children are entitled to courtesy, yet what can be more discourteous than to ignore a question, or reply to it impatiently. Children are great observers as well as imitators, and courtesy in their treatment will surely bring its reward. Happy the child that can ask a question of its parents, with the certainty of a courteous and loving reply.

THE ANCIENT HINDUS VACCINATED.
—In the "Sactaya Grantham," an ancient medical treatise of the Hindus, the writer, after describing nine species of small-pox, lays down rules for the practice of inoculation. The translation of the passage, according to an Indian correspondent of the *Lancet*, is as follows: "Take the fluid of the pock on the udder of a cow, or on the arm between the shoulder of a human subject, on the point of a lancet, and lance with it the arms between the shoulders and elbow until the blood appears; then mixing the fluid with the blood the fever of the small-pox will be produced." The Galla tribe, in British East Africa, have practised vaccination for centuries, and do so to the present day, the serum, the constituents of which we know nothing, being rubbed on the side of the nose.

Turkey has a race suicide question, despite the provisions which the prophet Mahomet made against that contingency. Fifty years ago the rule among Turks was to marry young and to espouse several wives, and, as a rule, families were correspondingly large. Now all this is changed. Marriages are late, and in the enormous majority of cases are monogamous, while families are becoming small to a degree which has alarmed the government. The Sultan has recently promulgated an irade on the subject, abolishing much of the expensive display connected with Turkish marriages and condemning present tendencies as threatening to depopulate the empire.—*New York Tribune*.



tion.—I have a boy twelve years suffers dreadfully from perspiration. Any suggestion, as a remedy, your paper would be gratefully received. His general health is good. y, A Subscriber.

ER.—Keep the feet absolutely frequent bathing, and soak them minutes, every night, in strong er. Procure the following prep-salicylic acid, powdered borax ch, of each one-half ounce, thormix them, and dust the mixture feet of his stockings every mornhis plan has cured hundreds of cases.

tion.—Will you kindly give me opinion on the incoming Southern of young ladies riding horseback.

Is it injurious or beneficial, e health standpoint, and if benean it be used by either old or women when riding is not prohibother causes? Please answer in xt issue and oblige, Mrs. B. W., Iria, La.

ER.—We think that sitting s the rational and proper manner g a horse, for either sex, and the influence of the terrible Mrs. , the practice would have been d long ago. From the view point h, the value of the exercise is the o matter what the position may there are no anatomical reasons lies should not ride astride; but interests of comfort and safety, e saddle should have been dislong since. So far as age is con-

cerned, if a woman is able to take horseback exercise, she is certainly able to take it in the most rational and comfortable manner, namely, astride.

QUESTION.—Is a child, bitten by a dog, liable to hydrophobia? Is the danger lessened if the dog is killed? Yours truly, Mrs. D. W. Scofield, Blanchard, California.

ANSWER.—There are so many well authenticated instances of hydrophobia following the bite of a dog, that we can scarcely question the possibility of a child developing hydrophobia in such a case. Much depends, however, upon the condition of the dog at the time. If the dog is suffering from rabies at the time, the risk is great, on account of the virus introduced into the wound from the animal's teeth. Still, thousands of people have been bitten by dogs, with positively no after-effects. It is generally held that the danger is lessened by destroying the dog, as it is popularly believed that although the dog might be perfectly healthy at the time of the injury, yet if it eventually went mad, hydrophobia would develop in the person bitten; hence the precaution of killing the dog. In such a case, however, we believe that the hydrophobic attack would result from the effect upon the mind. Within the past month a case of hydrophobia has been reported, where the dog did not actually bite the child, but the result was the same, owing to the mental shock.

QUESTION.—Will you please give me your opinion on the practice of taking

a cocktail before meals as an appetizer? I have been in the habit of taking spirits to create appetite, but having recently been informed that they had the contrary effect, I would like a statement from you. Is the practice really as injurious as some people claim? A reply in your enquiry columns will be appreciated. Anthony Gwynne, Iola, Kansas.

ANSWER.—The use of spirits at any time is open to adverse comment, as it is now generally conceded that they have no nutritive value, and that even in cases of sickness their use is only admissible to sustain vitality until Nature can reassert herself. But their use for the purpose mentioned can never be anything else but injurious. In nine cases out of ten their use will cause a catarrhal condition of the stomach—hence the disinclination for food exhibited by habitual drinkers. If anything is needed to stimulate a jaded appetite, a brisk walk, or exercise in the open air, are excellent appetizers. But why try to create an appetite? If it is not present, the system does not need food, and there is neither sense nor reason in trying to force upon the body sustenance in excess of its requirements.

QUESTION.—I would like to avail my-

self of the privilege you offer your readers, and ask you a question. I have been troubled for some time with a peculiar eruption that has broken out around my body under the belt. It consists of bunches of little round spots with red edges. It is very annoying, and I cannot think what causes it, unless it is the irritation from pressure of my clothing. Can you tell me what it is and how to get rid of it? Mrs. Myra Kemble, Altoona, Pa.

ANSWER.—From the description given there is little doubt but that it is a case of Herpes, or Tetter, and commonly known as "shingles." It is generally due to acrid bile thrown upon the surface. This implies that digestive disturbance is at the root of the trouble, consequently, careful attention should be paid to diet, which should be simple, and by no means dry. Rich foods and condiments should be carefully avoided. Water should be drunk very freely, and the abdominal girdle applied every night—which consists of several thicknesses of cloth wrung lightly, out of cold water, so that it will not drip. This is placed around the body and completely covered with a dry cloth, and left on until morning. Keep the blood pure by means of copious enemias.

BOOK REVIEWS

LIFE MORE ABUNDANT; SCRIPTURAL TRUTH IN MODERN APPLICATION. By Henry Wood, author of "Ideal Suggestion," "Studies in the Thought World," "The Symphony of Life," "The New Thought Simplified," etc. Cloth, \$1.20, net; post

paid, \$1.30. Published by Lothrop, Lee & Shepard Co., Boston.

The growth of materialism has been so marked in recent years, that those with whom religion is something more than an empty name, have been sorely exercised, especially at the discredit cast

the Bible. The unquestioned moral spirituality of the author affords ample assurance that in dealing with Writ, the task would be undertaken in a reverent spirit, and the result is proof of the high motives that actuated him in his task. It is a harmonization of the Scriptures and science, in which it is shown that there is not really the discrepancy between the two that is generally supposed.

His avowed aim in the work is to preserve all that is in the Bible, but at the same time it is clear that the whole tendency being progressive, it is in the nature of things that symbolism and allegory should be superseded by the plain. There are three chapters in the book that we consider exceptionally valuable, namely: "Eden and the Fall," "Miraculous and the Supernatural," "Sacrifice and Atonement," and these would alone well repay the reader. The whole work is conceived in a chaste and straightforward spirit, and executed in a masterly manner. As might be expected from such a source, the subject matter is treated in felicitous language, and even if the reader may differ from his conclusions, no doubt can exist as to the unimpeachable motive. Those interested in the preservation of all that is good and true in the Bible will find a perusal of this book both a comfort and a joy.

SUPERSTITION IN MEDICINE. By Prof. Dr. Hugo Magnus. Authorized translation from the German. Edited by Dr. Julius L. Salinger, Late Assistant Professor of Clinical Medicine, Jefferson Medical College, Physician to the Philadelphia General Hospital, etc. 12mo, cloth, pp. 214. Price, \$1.00, net. Published by Funk and Wagnalls Company, New York and London, 1905.

The student who delights in delving into the past, and tracing to their source the influences that have modified any known science or profession, will be charmed with this book. The work is most systematically arranged, commencing with the earliest times, carefully defining the sources from which certain superstitions sprang, clearly showing the part played at various times, by astrology, astronomy, etc., and frankly recording the part played by religion in fostering the belief of both divine and demoniacal interference with mankind, not only in the cure, but in the production of disease. The book is an interesting one, written in an attractive manner, while a perfect host of authorities are quoted, together with numerous instances illustrating the beliefs, that actuated mankind in the earlier days of the world's history. Every physician should procure it; but all may read it with profit and pleasure.

card announced that he was a urologist and proctologist, and also a specialty of treating diseases of the ear and scalp, and corns; that he had two offices for the convenience of the public, one at the Chatham end of

the electric line, Mondays, Wednesdays and Fridays and one at the Newtown end Tuesdays, Thursdays and Saturdays, and that he was conveniently equipped for treating patients at both ends.—*Exchange*.

PUBLISHER'S DEPARTMENT.

"HEALTH CHAT."

BY THE MANAGER.

I want to talk to my readers this month on the subject of success. It is not my plan to dwell upon it at length, for you all have read a great deal about the successful man—what he accomplishes, etc. Success can be achieved in many ways. I want to tell you how you can be successful financially.

To those who read this who have sent for a copy of my book, "The Manager's Invitation," they know what I mean.

When I became associated with the Health Pub. Co. as their Manager and Secretary, I conceived the idea that this great publishing house should have at least 1,000 share-holders all over the United States. I believe that it would perpetuate the business long after the present management had passed beyond. I felt that if I could bring this about and in some way establish a thousand different share-holders throughout the country, they would be the greatest help to the business of anything I know. That is the reason that, sixty days ago, I prepared a book, entitled, "The Manager's Invitation," which has been sent out to a few subscribers; and the response has been more than satisfactory. If you have not received a copy of this book, you can do so by writing me personally. It gives you the fifty years' history of this publication, and tells you a lot of interesting facts about the publishing business and the profits derived from it. This book also informs you of my plans for the future. It tells you why I believe the readers should have an opportunity to be share-holders with me.

Success is the hope of everyone. It is the goal which everyone strives for, and yet it is entirely within everyone's grasp. Money is King. It rules the earth, makes all things possible, creates happiness and lessens sorrow.

Small amounts, properly invested, will bring large returns. The foundations of all the great fortunes were laid by a small investment.

Shares in the Health Pub. Co. are good securities for your money. I know it to be so. The opportunity to invest in these securities will not be open but a very few months longer, perhaps weeks, for the present allotment has nearly been taken up.

I might mention some great opportunities for investment, where, by putting up \$100, you could have made thousands. A hundred dollars in the Larkin Soap Co. a few years ago would have made you a hundred thousand dollars. A hundred dollars in the Bell telephone, when first offered, would have netted you two hundred thousand dollars.

The people who went into these enterprises risked a little money and they won. You will certainly not win unless you risk.

Put a few dollars into the Health Pub. Co. and I believe it will give you a steady income. Don't put this announcement aside, unless you have sent for my plan, which is embodied in my book, "The Manager's Invitation." It doesn't cost you anything to read the book, and you are under no obligation to me for reading it.

Write to-day.

RICHARD PALMER.

CUT THIS OUT.

Please send to my address below a copy of your book, "The Manager's Invitation."

Name

Street

City

State

PORTO RICO COFFEE.

Absolutely Pure Coffee.

This advertisement is addressed to those people of the United States that want PURE FOOD and PURE COFFEE

If you are a coffee drinker, we have the finest coffee grown for you. If you are not a coffee drinker, you would be, if you once tried OUR coffee, as OUR coffee positively aids digestion, as all PURE coffees must.

We do not say that OUR COFFEE is the only pure coffee on sale, but we do say that OUR COFFEE is the very best of the PURE COFFEES.

Why?

Because it is grown at a high altitude and contains no acids.

Because it is properly cured, properly roasted, and bears a stamp of PURITY, after being carefully examined by Mr. Scott Truxtun, Commercial Agent of the Government.

It costs less per cup than most poor coffees cost, because you use but one-half the quantity with far better result.

How We Introduce It.

To make you acquainted with our coffee we will send you by express, all charges paid by us, a 5 pound bag for \$2.00, with the distinct understanding and agreement that should it not prove entirely satisfactory, it can be returned, and the money will be cheerfully refunded.

Write

INSULAR COFFEE COMPANY,

125 Front Street,

New York City, N. Y.



Commercial Agent Porto Rico Government.

(This signature on every package.)

HYGIENE IN LAUGHTER



"Physic! A freak of times and modes,
Which yearly old mistakes explodes
For new ones still absurder.
All slay—their victims disappear,
And only leaves the doctrine clear,
That killing is no murder!"

A man to whom illness was chronic,
When told that he needed a tonic,
Said, "Oh, doctor, dear,
Won't you please make it beer?"
"No, no," said the doc., "that's Teu-
tonic."—*Princeton Tiger*.

McJigger—"Young Dr. Downs re-
cently made fifty dollars in a guessing
contest."

Thingumbob—"The only one who
guessed correctly, eh?"

McJigger—"Oh, no. Two other doc-
tors got the same, and all three of them
guessed wrong. You see, they were
called in consultation over a patient."—
Philadelphia Press.

That was a mean man who re-
marked that a certain Chicago surgeon
opened his annual course in official sur-
gery by requesting all present to rise
and sing "The Man Behind."—*Medical
Visitor*.

Asked what made him look so ill, an
Irishman replied, "Faith, I had the grip
last winter." To draw him out, the

questioner asked, "What is the grip, P
rick?"

"The grip!" he says. "Don't y
know what the grip is? It's a disea
that makes you sick six months af
you get well."—*Ladies' Home Journal*

Mary had a little waist,
She laced it smaller still;
A stone o'er Mary has been placed
Upon a silent hill.

And on that stone these words are wr
"Oh, let us hope she's gone
Where angels never care a bit
About what they have on."—*Clipp*

When Peter Parks was taken sick,
As men have been before him.
Six doctors came at duty's call,
And held a council o'er him.
They felt his pulse; they viewed
tongue;

They looked profound, sagacious;
They said, "Appendicitis—ah!"
And Peter said, "My gracious!"

They carved poor Peter like a fowl
They cut and sawed and sliced him
They found—Lord knows, and we
not;

They then together triced him.
"Successful operation, quite;
All surgery adorning,"
The learned doctors then remarked.
And Peter died next morning.

A. J. Watterhow

HEALTH

LV.

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No. 12.

SKATING AND ITS VALUE TO HEALTH.

BY GIL ESSEX.

There is no outdoor winter sport that is more beneficial to the health than ice-skating. There is never a time when indulging in this sport from the boy is large enough to put on his skates until he has grown to manhood—that he does not constantly receive good from the exercise of skating.

It in turn rewards him by being also a source of pleasure to him. There is nothing more beneficial to the lungs than the way of outdoor winter exercise; not only is the crisp, clear air robbed of purifying oxygen by the energetic active skaters, but the increased circulation works in such a combined harmony with the exercise to the muscular system that the benefit given to the participant is threefold.

Take the boy in the country, for instance—who is only one among the many who find that finds himself as soon as he is out, starting for the near-by pond to enjoy that universal and health-giving sport, skating. And I add the boys are not alone in this; the girls are equally as enthusiastic—their male competitors. But in this article, owing to want of sufficient space, I will treat the subject principally from the boy's standpoint. There never was a case where a boy under these circumstances ever went home to supper

without doing full justice to his waiting and anxious appetite. This alone shows skating to be one of the finest outdoor exercises for the purpose of distributing the food properties that have previously been taken into the system. It is also because of the pleasure taken in it that his system has undergone such a complete overhauling relative to exercise, increased breathing and general activity combined.

You let this same boy on leaving school go straight home and be obliged to go out to the woodshed and saw wood until his arms ache, and though exercising twofold more than he would in skating, he does not get the same benefit; simply because the mind is at constant war against such work, when skating is in vogue. For this reason, fathers and mothers should both see that wood sawing and skating should each have its proper place in the school boy's daily régime.

Take the boy when he becomes a few years older, skating then has not lost any of its charms, but has developed to a greater extent and in a more matured manner. It is oftentimes such freedom allowed the school boy (and even the girl) on the parents' part relative to skating, that has made some of the greatest trick and fancy skaters,



A common occurrence in the country is to see an eighteen-year-old girl skate six or eight miles up some river to call on a friend, take luncheon and then skate back home, unattended.

also some of the greatest speed champions in after years; and this fact has proven to be of great material benefit to the parent who may by this time be more or less in need of a son's support. I do not encourage this as a means of livelihood, neither do I discourage it, but if one is to go into skating, whether he be boy or man grown, he should go into it with all the energy and enthusiasm that he possesses.

Take skating in such games as are played on the ice, "Shinny" (taken from the Irish game "Shinty") and Hockey, which is nothing more or less than the perfected shinny or shinty game, but played with far greater science and skill. This game is probably more in vogue in

Canada than in any other part of the world, and it has every indication of being accepted as a national winter game in this country, but the players who are at the present time the most successful, and show the greatest amount of skill learned their fine points from the Canadian skaters.

There is an excellent game on ice which is played generally in the country among boys, and even men, ranging from fifteen to twenty-five years of age,—called "Hare and Hounds." In order to play this game successfully, which is really nothing more or less than a sport,—and perhaps it would not be right to call it a game as there are no rules governing it; only to the extent that two



This shows the skater in a graceful, easy, strong, and correct position for great speed. Free action of air into the lungs and perfect working of all the organs is allowed, as the body is bent, only, at the waist line. Note the strongly developed thighs and ankles.

boys, and more if desired, are placed at a point at least a half mile in advance; this forms the starting point for the hares. A crowd of thirty or forty boys in the rear at the word "Go" start in the chase. The two boys in front representing the hares, and the boys in the rear the hounds. The object of the boys in the rear is to overtake the two boys who have already the start in the chase, and drive them back to the goal, which ends the sport. The chase sometimes lasts for several hours before the boys are finally driven back, and it is not very difficult to imagine that soon after the chase begins it becomes very exciting; inasmuch as it is usually played in long overflowed woodland meadow streams, sometimes five or more miles in length. In the path of the hares oftentimes may be found trees that have blown down with the limbs frozen in the ice, forming a network of obstruction of two or more feet above the surface of the ice, and necessitating jumping or climbing in order to successfully pass. Even fences with two or three feet pro-

truding above this ice's surface is not an uncommon feature to encounter.

All these obstructing features, independent of the good derived from skating, form almost an endless amount of healthful exercise for the boys who participate in it. The boys (representing the hares) plan to go where it is the most difficult for the boys in the rear (who represent the hounds) to follow; and, of course, it is far more difficult for thirty or forty boys to pass with the same degree of speed and headway afforded only two. In order to enter into this sort of sport with the greatest satisfaction, one must be more or less an expert in the way of ice skating. The best and strongest skaters I have ever seen have been those who played in all sorts of country games when boys. There it was they found the ice the smoothest and clearest, and where they spent the greater number of their boyhood days in perfecting what was to them a most all-absorbing sport.

Boys and young men who skate for the mere pleasure of it do not always consider the amount of good it is doing



"Sport," which is the delight of the country boy, sailing before the wind. While indulging in this sort of coasting, deep breathing can be taken to a very great advantage, from the fact that the skater is on the lee side of the sail, with the wind back of him.

gives you the paddles. You can buy a pair of lee-boards for three dollars, and as satisfactory paddles cost \$1.50 each, no saving can be effected by making the lee-boards in this way.

The essentials of a lee-board are that it shall offer a maximum of lateral resistance to the water with a minimum of edge-wise resistance. For this reason the best makers of lee-boards shape them somewhat like the rudder of a racing boat, and cut away the edge that is presented to the water until it is sharp. Metal lee-boards have certain obvious advantages, and are used to some extent.

Next to edge and lateral resistance it is important that lee-boards can be quickly shipped or unshipped. They must also be adjusted in such a way that if they strike the bottom, or any other serious obstacle, they will yield to the pressure and swing up out of the way. This is accomplished either by fitting the blades upon a sort of axle or by hinges upon the framework which fastens them to the canoe. The simplest and most widely used form of lee-board is made by Rush-ton, of Canton, N. Y. They cost \$3 a pair.

Any amateur who is ordinarily handy with tools can improvise a pair of lee-boards for himself, but care must be taken to select wood that will not warp. A piece of wood an inch thick, four inches wide, and eight inches longer than the width of the canoe, should be chosen for the supporting frame. To each end of this an "L" shaped block should be fastened by screws to give a bearing for the blades. Through the centre of each of these blocks a $\frac{7}{8}$ -inch brass bolt should be inserted, projecting

about two inches beyond the surface of the blocks and at right angles to them. Each bolt should be furnished with a wing nut, or thumb-screw, and a brass washer. The cross-piece can be fastened to the canoe by short "L" shaped bolts of brass, furnished with thumb-screws and washers. The lower angle, or knuckle, of the bolt is intended to catch under the gunwale—or inwale—of the canoe, when it can be tightened up with the thumb-screws.

The lee-boards themselves can be made of any shape desired, but they should be at least 2 feet 6 inches long, and from 15 inches to 18 inches wide at their widest part. Holes should be bored through their upper ends to take the $\frac{7}{8}$ -inch brass bolts already described. When in use the thumb-screws should be tightened enough to hold the blades in position against mere water pressure, but they should be easy enough to permit the blades to swing back if you strike an obstruction. It is best to make the blades an inch thick at the top, tapering down to a quarter of an inch at the bottom.

After the lee-boards comes the question of a mast and sail. The majority of canoeists step the mast right up in the bow; others place it just behind the bow seat. The former is the more easily handled, while the latter seems to allow more sail to be carried. If you intend to fix the mast in the bow the best way is to fit in a short extra deck, just below the regular one, and pierce its centre with a hole big enough to admit the mast you intend to use. Directly under this hole, on the floor of the canoe, fix a piece of wood with a hole in it to take the heel, or butt, of your mast. The mast should be a tightish fit in one or both of these

r you may find that a sudden puff
d has bereft you of your sailing

length of your mast depends upon
e and style of sail you intend to
d is also affected by the rigging
l. You can have a sail that hoists
down with halliards, and that can
up or let down without your mov-
m your seat, or you can have one
s to be lifted on and off the mast
ou are afloat.

latter does not sound particularly
e, and yet it is the one generally
open canoes with a lateen—or
lar—form of sail. The rig con-
a very short mast with a strong
pin set vertically in the top. A
metal ring is fastened to the yard
sail about two-fifths the distance
e peak, or point, of the sail, and
g hooks over the pin on the mast
he sail is in position. A hook or
op of metal big enough to catch
the mast, is placed on the boom,
s keeps the sail in place at the

The sail is, of course, controlled
usual way, by a rope—called the
reaching to the hand of the
t.

only objection to this rig is that
ve to move your position in the
f you wish to take down the sail
the less moving around that is
a boat—not merely in a canoe,

ANY boat—the better. On the
and, its advocates remark, with a
deal of truth, that, when you wish
down the sail you generally want
e down the mast as well, and,
r you had halliards or not, you
have to go forward to unship the
anyhow. Another advantage of

the “ring and pin” rig is that in the event
of an upset the sail will come unshipped
and will float clear; moreover, as there is
only one short rope attached to the sail
there is considerably less danger of get-
ting tangled up in the rigging.

At this point it may be a good thing to
say that, in canoeing, it is best to follow
the methods of the majority. Every rig,
spar, rope, cleat and ring in regular use
has passed through the assaying office of
many an unrehearsed upset. Some of
the rigs and sails in use may look strange
to those who cruise in heavy boats, but it
may be taken for granted that if they
were not the best and safest of their kind
for canoes, canoeists would not be using
them.

To return to the sail:—the most useful
form for an open canoe is the lateen sail
and forty square feet is plenty big
enough. Anyone can make a lateen sail
of this size, if he can get feminine help
with the sewing. First get two light,
thin spars of spruce, each 9 feet 3
inches long. These spars should be
about an inch and a quarter in diameter.
They need not be tapered. Into one end
of each of these spars screw a strong
brass screw-eye. Fasten the two screw-
eyes together by a link of strong brass
wire, allowing a play of about one inch.
You have now two long spars, fastened
together at one end.

Lay these spars on the ground and
open them out until a string tightly
stretched between their open points
measures nine feet and six inches. This
gives you the exact size and shape of
your sail—for what you want to make is
an equal-sided triangle. Make your sail
from ordinary bleached cotton—or of
bleached Wamsutta Drill, if you want

something extra fine. The edge of the sail should be finished with firm, non-elastic webbing, or braid. The number of seams, or whether they run up or down, is not of very great importance. At intervals along the edges of the sail brass grommets, or eyelets, should be placed, so that the sail can be laced to the spars. In the absence of grommets sew on bits of strong tape and tie the sail on to the spars.

Your mast should be about five feet long, exclusive of the pin. By holding the spars against the mast when the latter is in place you will be able to determine the point at which the ring should be attached to the yard—or upper spar. When you have fixed the ring a similar trial will show you where to fix the jaw, or loop, which holds the boom against the mast. The shape of this boom-jaw is exactly like one of the brass brackets used for supporting curtain poles—indeed, one of these brackets, with a little modification, would make a very efficient boom-jaw. In fixing the positions for the ring and jaw, be sure to see that the lower point of the sail—where the spars are linked together—clears the gunwales of the canoe by a full four inches in every position of the sail. All you need now is to fasten a rope to the lower out-board end of your sail, to use as a sheet, and the sail is ready for use.

The measurements given will furnish a sail of about 35 square feet in actual size, but this will be found plenty big enough.

Having lee-boards and a sail you are now equipped, for your steering can be done with a paddle. Rudders are seldom used on canoes having rounded or curved stern-posts.

No one can verbally teach you sailing, and you cannot learn it from a book. Unless you can swim don't try to teach yourself how to sail a canoe; get someone to show you. If you CAN swim and CANNOT get anyone to show you, the best thing to do is to wait for a moderate breeze and a good stretch of clear water in all directions. If possible, take someone with you who can swim and who will help with the sail and lee-boards. With your paddle turn the canoe until its bow is pointing straight toward the point from which the wind is blowing. Hold the canoe in that position with the paddle while your companion puts down the lee-boards and hoists the sail. He should pass the end of the rope, or sheet, to you as soon as he has done so, and should then resume his position on the floor of the canoe in front of you.

As long as you keep the canoe pointed into the wind the sail will flutter and flap straight in front of you. Now, holding the sheet rope loosely and with plenty of slack, turn the nose of the boat a little towards the side on which you have the paddle. Immediately you will find that the sail flaps over to the same side. Still steering to the same side draw up slowly and gently on the sheet until the sail stops flapping and "takes the wind." As soon as it does so the canoe will move forward, but you will find that, as it does so, it shows a tendency to run up in the wind and into the position from which you started. It is your business, by steering with the paddle, to counteract this constant tendency. You will find it easy if you will always remember to **KEEP YOUR PADDLE ON THE SAME SIDE AS THE SAIL.**

now fairly started on one tack
 er and as long as you are run-
 open water you will be all right.
 r thing remember, though:—
 to change the sail from one side
 at to the other without first let-
 canoe "run up in the wind" into
 ing position. If you take your
 t of the water to stop steering,
 y draw in on the sheet, you will
 the canoe will come into the

wind of its own accord, and that the sail
 will begin to swing out to the other side
 to meet the breeze.

For all the rest you must trust to your
 own judgment and powers of observa-
 tion. Canoe sailing is a large subject. If
 you get into any difficulties which you
 think can be made clear by the writer,
 please write to him in care of HEALTH.
 He will be pleased to answer questions.

THE CAUSES OF DISEASE.*

BY ROBERT WALTER, M.D.

ve the cause and the effect will
 as appropriate here as else-
 or diseases are the product of
 ist as truly as are any other ef-
 ut all causes, we have seen, are
 the causes of disease are es-
 obscure; only the most careful
 of the facts will enable us to de-
 he true relations between causes
 ts in any living organism.

NATURE OF DISEASE is itself in-
 if we would comprehend its
 ve must know something of its
 nature, and this is knowledge
 n be reached only through care-
 ducted processes of reasoning.
 ease is a manifestation of life no
 doubt; indeed, all life's phe-
 may be divided into two great
 best described by the terms
 nd Disease, which occur only in
 ings; each the product of life,
 manifestation of its power.

orce of health and the *force* of
 re consequently identical in es-
 ghted by Robert Walter, M.D.

sence, even if they differ in degree. The
 power that breathes is the same that
 coughs; the forces and organs that def-
 ecate are the same that purge; the
 power that digests also produces the
 symptoms of indigestion; the processes
 that raise the temperature of our bodies
 to 98 4-5 degrees frequently increase it
 to a hundred or more, and so every func-
 tion of life may be performed healthfully
 or unhealthfully, pleasurably or pain-
 fully, no matter which, the function is
 still a manifestation of life and product
 of its force.

Health, therefore, may be properly de-
 fined as the easy, comfortable and nor-
 mal manifestation of the power of life,
 while disease is the difficult, uncomfort-
 able and dis-eased manifestation of the
 same force. And this is the reason why
 the cure of disease has so generally in-
 volved the destruction of health. The
 force of life being also the force of dis-
 ease, explains why agents which destroy
 or tend to destroy the one also tend to
 destroy the other, and how the millions

in every age have been deluded to their destruction in the attempt to get rid of their diseases. But paralyzing the heart to stop a fever, deadening the sensibilities to relieve pain, prostrating the vital powers to remove restlessness, in a word, poisoning a patient because he is sick, is no part of the practice of a wise physician. To employ such measures is to prove one's self ignorant of the very first essential of successful practice, a knowledge of the nature of the thing to be treated. It is the physician's duty to aid Nature, not to combat her; to supply the conditions for good health, not to fight disease.

An excellent illustration of the nature of disease is that great representative form of it, called *inflammation*, which is well known to be Nature's process of healing, even the ulceration often connected with it being Nature's work of cleansing the part preparatory to the healing process.

DISEASE HEALS.—And it never fails to heal when the power is sufficient and the conditions are favorable. We have already seen that two things are necessary to the production of any result: first, the power, and second, the conditions for its operation. As both of these are necessary to the production of disease as well as of any other result, so removal of either of them will necessitate the cessation of the result—the cure of the disease. To remove the occasion which excites the cause into action, or to remove the condition under which it operates, is quite as effective as removal of the power. Whether we empty the reservoir which supplies power to the water-wheel, or destroy or remove the wheel itself, the result is the same: the

work ceases. Just so we may exhaust the power of the disease, or remove the occasions or conditions which induce it, and the disease subsides. In medicine, both plans are in vogue; physicians frequently subdue diseases by depleting their power, while they also cure them by stopping evil habits and indulgences while they supply more healthful conditions. Both plans are effective, but it is evident that both plans are not equally desirable. Disease being a manifestation of life, and the force of the disease being the patient's vital force, the force of his health, it follows that to remove, deplete or exhaust this force will be equivalent to the destruction of the patient's health, if not of his life, even if the disease is cured. This, it must be confessed, is the so-called scientific plan. As Prof. Martyn Paine well says, "We do but substitute one morbid action (disease) for another;" for which reason, as he further explains, "Our most violent poisons are our best remedies." *Institutes of Medicine*, p. 541.

BLOOD-LETTING.—One of the most obvious illustrations of curing diseases by removing their cause was phlebotomy or blood-letting, as practised by our fathers. Medicine was then, as it is now, "a science of observation," which showed that bleeding was one of the most certain means of mitigating symptoms and silencing diseases. Why this was so could not then be explained. Men had often heard that the blood was life, so that reducing the amount of the blood, reduced the power of life; but they had not suspected at that time that the force of the disease and the force of life are identical, and that reducing the force of the one reduces also the force of the other.

s was the real explanation of the virtues of blood-letting. Why do poisons cure in the same way? The power of disease is reduced, and manifestations, such as pain, restlessness, are subdued by the depletion of blood-letting, why not equally well by the depletion of poisoning? Is something anomalous in the use of stimulating alcoholic beverages to subdue fevers and inflammation more so than bleeding for the purpose, but observation has shown them to be effective. No matter that both plans are in contravention of the wisdom of the ages; no matter that they are repugnant to human common sense; and that both are systematic practical infidelity, the fact remains that the force of the disease is reduced and the patient encouraged, even if it does follow. The Great Teacher judges not according to appearances, yet medical science judges according to symptoms, which are appearances. The Great Apostle speaks with all the force of his great

intellect the plan of "doing evil that good may come"; but medical science commends and practises this plan when it prescribes the use of agents that are destructive to life in order to cure disease. The Great Lawgiver Moses said, "the blood is the life," yet medical science long urged that we deplete the blood as the true means of curing disease. Observation may justify these absurdities of practice, but human reason cannot believe in their wisdom. Agencies, such as drug-poisons, whose nature is destructive to life in every form, vegetable or animal, cannot be conceived to be life-giving on the mere say so of the physician, or even the sensations of the patient. No physician's prescription can change the nature or character of any beverage, food or medicine. The alcohol sold in the saloon produces the same effects as that sold in the drug store; the fact of its being prescribed by one who has been educated to do so, may satisfy the patient's conscience, or ease his fears, but the real effects are not changed.

(To be continued.)

THE MEDICINE BALL AS A HEALTH BUILDER.

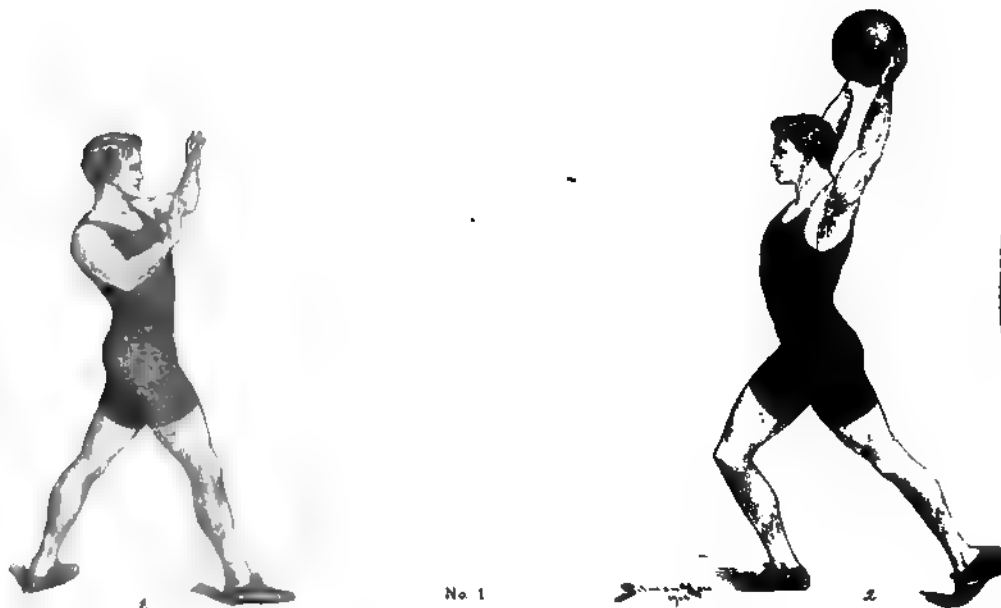
(Continued.)

BY PROF. GILMAN LOW.

(With illustrations by the Author.)

describing the uses of the medicine ball in the October issue of HEALTH, divided between the game of "Pass" and an exercise. The present issue will deal wholly with the medicine ball relative to exercises as illustrated by the accompanying drawings.

This ball handled in the manner illustrated, brings into use entirely different muscles than were shown in the first instalment. Both of these drawings represent exercises that are most excellent for persons subjected to sluggish and dormant circulation; acting, in fact,



more on the organic section of the body than they do on the muscular; and in this organic section is included a great and lasting benefit to the nerve forces. These drawings also represent exercises not nearly so violent as were dealt with in the first series.

In the drawing No. 1 it represents Fig. 1 in the correct position for receiving the ball from Fig. 2. Fig. 2 shows the correct position for the delivery; being sure when delivering the ball to have the arms in this straightened position; the bent position of the arms will be shown in a later series. In delivering the ball with the arms straightened, and at the same time reaching upwards as far as possible, affords greater and freer action for the heart because of the greater expansion of the walls of the chest; which also affords the lungs freer use than if the arms were in a lower and more bent position; also the

deep breathing which is a necessary adjunct in speedy work of this kind, naturally absorbs more oxygen, which is an added benefit. Just before delivering the ball the hands should be pressed very tightly against the ball, also carried backwards as far as possible (being sure to keep the arms straightened). This throws the chest forward, and in doing so, elongates the muscles on the entire anterior portion of the trunk, while the muscles across the shoulders and small of the back are contracted. At the delivery of the ball this contraction and elongation changes places; for, as the ball leaves the arms, the muscles of the back become elongated, while the muscles of the chest and abdomen become contracted; this action alone, independent of any voluntary force, would be a most excellent exercise for this particular section of the body; but when added to this, the effort of delivering

all, it does not take much thought to realize the excellent benefit to be derived from such an action.

Another thing to be taken into consideration is just before delivering the ball you should raise yourself from the ground to the extreme limitation of the extension, tensing the muscles very forcibly. As you start the hands forward preparatory to delivering the ball to No. 1 you should fully relax every muscle in the body and let the action of throwing the ball do the rest.

The action of No. 1 receiving the ball should be wholly relaxed. An instant after the ball reaches the hands of No. 1 he should flex the muscles and press forward with a very quick active motion to make the contact with the ball doubly effective. The instant he receives the ball and without a moment's hesitation, he should assume the position represented in No. 2 for the return delivery, the same benefit is afforded him as

was received by No. 2 when delivering the ball.

There is one thing about the medicine ball that cannot be obtained through any other mode of exercise; and that is, the interchange of action by two direct opposites, alternating so rapidly one with the other. This is what makes the medicine ball a most excellent tonic, not alone for the blood but for every organ in the whole anatomical make up. There is not *one particle* (be it ever so small) in the physical construction of a person that does not receive positive, penetrating and lasting benefit; providing the two persons using the ball, use it properly from every standpoint.

This exercise at the start should be taken with each participant 25 feet apart. Playing at this distance until tired, then moving forward, say two or three feet, at intervals, and continuing the play at each stop until a distance of no greater than five feet lies between the two exponents. When the distance of five feet is at last reached the play between the two men at such a distance can be very rapid, but not over-violent, for the reason that the rapidity



No. A.



of the work more than offsets the violence that might be induced; and far greater good will be the result with the violent feature of it omitted.

Rapidity, energy and intelligence are the three telling features, especially intelligence, for unless intelligence is used in connection with the medicine ball you may as well forfeit any attempt at this sort of play.

In the drawing No. A, B is shown delivering the ball to A. The position of B in this drawing represents the player in a position where great benefit can be given (if played quickly and with force) to the back, arms, legs, and neck. In throwing the ball he should do so with all of the speed and strength at his command, being sure to keep the legs perfectly straightened, also the arms. Let the action be wholly with the shoulders which greatly strengthens and increases the circulation all through the neck and shoulders, likewise very fine for building up the nerve forces, for the reason that it circulates the blood very freely at the base of the brain. I have used this exercise with pupils very satisfactorily (strange as it may seem) when the pupils have been more or less affected mentally,—such as loss of memory, poor location and muddled calculations. This position also affords a great deal of benefit muscularly to the neck, both posteriorly and anteriorly, the posterior portion of the neck being contracted while the anterior portion (or throat) is very much elongated, even to the extreme; so much so, that what is commonly known as the “Adam’s Apple” bulges very prominently under the skin. It might be well to continually flex and relax the muscles of the legs during the action of delivering the ball. This exer-

cise is excellent for the small of the back and entire trunk, for the reason of four direct opposites of action, namely—while the back of the neck is contracted the back proper is elongated, and while the throat is elongated the chest and abdomen proper is contracted. This shows the neck opposite in action to the back, and the throat opposite in action to the chest and abdomen.

Contraction and elongation combined in this manner form a most excellent tonic for the blood, affording greater circulation and freer action; this added to the similar effect afforded the nerve forces at the base of the brain, makes it a most excellent all-around exercise.

When A receives the ball from B he should do so with the arms extended upwards to their very limit. This as in the other exercise, the instant the ball is about to come in contact with the hands, you should force the hands forward with a quick, active motion; bringing the hands against the ball with a vigorous smack. Now quickly assume the position of B, for the duty of A is to return it to B exactly in the same manner that B delivered to A but a moment before.

While changing from the position represented by A to the position of B, you should press the hands with the arms straightened forcefully against the ball until you have brought the arms down between the knees in a position for a return delivery. This pressure of the hands on the ball develops the forearms, hands, shoulders, and neck; and you can readily see that the benefit from B to A, back again from A to B is one continuous flow of excellent, vigorous, and common-sense exercise.

ile A is coming from the position
ented, to the position he must as-
(shown by B), the benefit afforded
dy and legs is also very fine. The
ien becomes of necessity contracted
that of the back, shoulders and en-
osterior portion of the body be-
elongated. This serves as a
m for increasing the circulation
gh the lower part of the body,
the delivery of the ball acts as
described in increasing the circu-
of the upper portion of the body

which makes an all-around general tonic
for the blood.

Again, let it be understood that in
order to use the medicine ball success-
fully, one must use their brains as well
as their physical forces; this being done,
there is no doubt but you will be repaid
a hundred fold for your efforts, in
adopting this sort of exercise.

Next month treats on the medicine
ball from a standpoint entirely different
from the two instalments which have
already appeared.

THE PLEASURE OF EATING.

BY MABEL GIFFORD.

ing is to some people their great-
joyment, and they spend most of
ime and money in the indulgence

Then there are people who go
: other extreme and despise eat-
they cannot enjoy sitting down to
t of good things with their friends;
disgusting and painful to them to
company of human beings so ab-
l in the act of filling their mouths
ood. Food to them is an unpleas-
ecessity and they would prefer to
by themselves and get it over with
n as possible. The first-named will
eptics because of over-eating, and
able foods, and the latter will be
otics because of joyless eating; the
om a physical cause and the other
a mental cause.

re are also those who are indiffer-
ters; they talk so fast or think
t that they are hardly aware that
re eating and take whatever comes
vay, the daintiest dish and the com-
ace being chewed and swallowed

without discrimination. These people do
not know what they have eaten, nor how
much, nor the quality of it, but they have
a good appetite and they get a sense of
the food's tasting good, and at last seem
to awaken to the fact that they have been
eating, and consider if they have not
eaten enough. To those who seek the
right way of living, neither of these hab-
its of eating seem ideal; one way seems
to lose the use of food in the enjoyment
of it, the other, to lose the enjoyment
in the use, and the third loses both.

To enjoy food we must have health;
good digestion and assimilation. To in-
sure these conditions we must exercise
choice in kind, quality and amount, also
timeliness. This bars out the indiffer-
ent eater. And the joyless eater cannot
make a success of it for the mental at-
titude poisons the food and paralyzes ac-
tion. Likewise the indulgent eater fails,
because he eats what pleases his palate
without regard to the nature or quality
of it; it may be the most indigestible

food, or food almost entirely lacking in nourishment, or the manner of its preparation may destroy any good qualities it originally contained.

There seems to be a general idea that high-minded people care little or nothing for food or anything pertaining to the physical life. It is on this principle that certain peoples in all ages of the world have despised their bodies. Is it reasonable to think that our wonderful bodies and this beautiful world were created, and are in daily process of creation only for bare necessity, and beyond that to be despised and ignored? The idea that the earth-life is for suffering and not for enjoyment is fast disappearing; we are waking to the realization of the meaning of the words, "Thy kingdom come on earth as it is in heaven." Heaven is joy, harmony, beauty, peace, love. These conditions are God's will in heaven, then they must be His will in earth. If they are not here, it must be our fault. God is creating the earth for heavenly conditions, but "the earth hath He given to the children of men, that they may develop into intelligent and loving beings by exercising their intelligence and power in carrying out His will."

But if God's children do not look to Him and learn of Him, they work without guidance, and blindly, and create disorder in the earth, and love is turned into selfishness and beauty into desolation. Our physical senses are but sensations of life on the physical plane which are the out-birth of life sensations on the higher planes of mind and soul and are correspondingly delightful and beautiful. The right use in health of every sense is joy and life, and if our mental beliefs prohibit the joy there is

no life in the exercise. We may practise gymnastics till doomsday, and if we have no joy in the exercise, no interest, we will receive no benefit. The sense of sight, of hearing, of smell, of taste, of touch, when enjoyed fill us with life, vital energy. If we look carelessly or note only unlovely external things, we receive no life from the sense of sight; if we listen carelessly or note only the discords, we receive no joy or life from the exercise of hearing. So it is with every sense.

In the act of eating what sense or senses do we exercise? God has created food beautiful in form and color and surrounded it while growing with a beautiful environment; this feeds us through the sense of sight. Many foods have delightful fragrance, which nourishes us through the sense of smell; the flavors of foods nourish us through the sense of taste, and the needs of the body create hunger which gives the "relish" to food, and relish is assimilation. All the other conditions add to the relish. See how much more nourishment we would receive from our food if we took time and thought to enjoy it!

Nature provides foods of various kinds which contain the different elements that are needed to build the body, and when we eat a variety of these foods the body is well nourished, hunger comes when more is needed and ceases when we have eaten sufficient. But when we eat for the pleasure primarily and disregard the use, we fall into errors and choose that which pleases the taste without considering its fitness for building material. Now we feed the body things that look inviting and taste good without troubling ourselves about the quality or the food elements they contain.

e an appetite now that is the call for that which we do not get, but which we say is an appetite for more of the food that we have not been getting, and which does not nourish. The body is starving for the food elements and overloaded with useless material that accumulates because the body can get rid of it, and it suffers from various distresses because there is not vitality to do the work of digestion and assimilation, not to mention getting rid of the material that is realized and useless material. It is under the body becomes a burden and is disordered; the wonder is that it holds out so well under the treatment it receives.

There is a great difference in the enjoyment of food when rightly eaten and when wrongly eaten; when rightly eaten and enjoyed there is lasting pleasure and benefit; when wrongly eaten and enjoyed, there is no enjoyment and use, there is transient pleasure and then pain and discomfort without end. Starved and further tortured by the pressure of inactive muscles and veins and arteries crowded by poor circulation, and mental disordered in the wake of diseased everything is perverted from its condition: instead of love there is hate and aversion; instead of peace, instead of confidence, doubt; instead of joy, despondency, melancholy and despair.

Consider well the pleasures of eating that you choose. The world looks bright to-day and bright to-morrow. Why are our conditions are not changed.

Our physical condition is changed; our brain is relieved of the pressure that perverts all the wholesome vital force that was supplied to it. Poor circulation causes pressure on the brain and pressure on the brain distorts everything. Look to your eating; see whether it is too much of good food or wrong kinds of food that is overburdening the stomach and liver and brain. If you are not taking too much of good foods you will find such pleasure in eating as you have not dreamed of, and if you eat rightly you will not take too much, for when you give Nature a chance by taking time and enjoying all its ministrations to the senses, you will know when sufficient has been taken and will not desire more. The uninstructed man thinks only of pleasure without end, by continuance, not seeing that one pleasure is followed by another, thus making the wholesome variety and complete nourishment and upbuilding of the body. The wise man knows that a limited enjoyment of each pleasure multiplies his joys and his vitality, while a continuance of one, exhausts, because vitality depends upon circulation, and a continuance in one direction does not circulate vital force.

As it is with food so it is with every other physical exercise and with every mental exercise; if we seek first the kingdom of God and His righteousness—the kingdom of right method and right use,—all the delights of His bountiful gifts will be added unto us, and eating will be one of the most beautiful as well as delightful exercises of our physical existence.

BEAUTIFUL MANTEL ORNAMENTS.

BY WILLIAM S. BIRGE, M.D.

In some of the quaint, old-fashioned farmhouses in far-away places one occasionally comes across a bit of feminine handiwork that is not only highly artistic in itself, but furnishes suggestions for persons of an experimental turn of mind who live in or near the great centres of population. A branch of leaves perfectly skeletonized is unquestionably a most beautiful ornament. Very few people do this work well; the chemicals used are often so strong that the leaves are eaten in holes, which entirely destroys their delicacy, or they are imperfectly done, and webbings of the fleshy part of the leaf remain on the fine ribs and cross threads. When the task is completed as it should be, there is nothing left but the woody fibre, making a lace-like tissue as fine as the finest gauze.

There are several ways of skeletonizing; one which is quite successful in the hands of amateurs is simply boiling the leaves in soapsuds. Long-continued cooking softens the fleshy material of the leaf. This can sometimes be rinsed out by gently pouring a stream of water on the leaf. It may be necessary to use a soft brush to take out the last particles. While the skeleton is still wet it must be placed between sheets of paper and put under a heavy weight. When thoroughly dry the leaves may be taken out and mounted on fine wires, with stems of tissue paper exactly matching the skeleton in color, or they may be put up in pale green, as one may fancy. A bouquet of skeletonized leaves dyed in

autumn leaf colors or the varying tints of red, brown or green that autumn shows was one of the most beautiful ornaments seen at a recent exhibition of artistic work. In families where the ladies have abundance of leisure such work as this is not only agreeable but highly profitable, as cultivating artistic taste, and a love for the beautiful. A collection of properly mounted leaves would be of great value in every school room, as the skeleton shows the shape and character of the leaf almost as well as the fresh one.

Autumn leaves should be collected in dry weather, and after they are perfectly matured. One recipe for skeletonizing which is well worth trying on leaves that do not yield to the dissolving influence of soapsuds is as follows: Put two ounces of slaked lime into a quart of water; add four ounces of sal soda and boil the whole for fifteen or twenty minutes. Set aside to cool and settle. Pour off the clear portion and strain it through a thick cloth, that neither scum nor sediment may remain. Put it in a clean vessel to heat. When it is boiling put the leaves in and allow them to boil steadily for an hour to an hour and a half, adding boiling water from time to time in order that the liquor may not evaporate so as to become strong enough to eat away portions of the delicate ribs. Examine the leaves at intervals, lifting one out, putting it into cold water and pressing it gently between the thumb and finger. If the outside ma-

comes off readily it is well to suspend the boiling for a moment, and see if the leaf can be perfectly cleaned. The method with which this is done depends to a great extent upon the stage of ripeness to which the leaf has arrived. It is impossible to skeletonize a leaf after it has begun to turn brown and becomes yellow. When all of the lace-work can be distinctly seen, and there is neither staining nor cloud to obscure their clearness, float the skeletons into clear water and let them remain as fast as finished. When all are completed, then make a bath of a quart of water and a tablespoonful of chloride of lime. Boil this and let it simmer and strain off the clear portion. It is well to try some imperfect leaves with this leach, and see that this liquor, which is called leach, is of the proper strength. It would take about forty minutes to leach the larger leaves, doing smaller leaves in half the time or even less. The chief point of the utmost importance is to

rinse the skeleton thoroughly after each solution in order that the chemicals may be entirely removed, otherwise they may turn yellow, or the long-continued influence of the preparations may cause them to become brittle and drop to pieces. Especially is this necessary for the chloride of lime bleach, which will eat them away in time. An abundance of water and long soaking are an advantage; then float the leaves upon a bit of glass, drain the water from them, and lay them on sheets of clean paper to dry. Blotting paper is recommended, but in many households this is not easy to find. Ordinary manila paper or the cheap straw paper such as is used in the markets will answer very well.

Although the making up of these skeleton bouquets involves considerable time and patience, the results are so pleasing that it is well worth while to undertake the task.

The doctors of Sweden never send for to their patients. If you have occasion to call a physician you will find not only skilful in his profession, but a highly-educated and most honorable gentleman. You will also have an abundance of proof of the honesty of the doctors, and their friendly confidence in each other. What you shall pay your physician is left entirely to your own choice. The rich pay him liberally, wherever they have need of his services, but, if he has been once retained by a poor man, the poor may pay him a small fee, and the very poor pay him nothing. The doctor visits the poor as faithfully as he visits the rich.

Clinical observation is at a discount now that the Pasteur Institute, the Physiological laboratory, and the animal experimenters dominate our professions the bedside practitioner who treats his patient not as if he were a test tube or a mere specimen of a disease, but as a human being with idiosyncrasies, temperament and constitution which differentiate him from every other human being, this clinical worker, I say, is being pushed aside to make room for the men of the laboratory who claim to represent alone the new "scientific" medicine. The outlook is anything but promising.



PHYSICAL CULTURE.

BY PROF. ANTHONY BARKER.

The Abdominal Muscles.

A farmer, when about to prepare for planting, selects seed most suited to the nature of the soil, which, as a rule, he fertilizes. Then he carefully plows the ground over, next he uses a harrow to straighten the surface, after which he plants the seed and then leaves the rest to Nature until harvesting time comes.

So it should be with the human being. Select very carefully exercises most suited to your needs, then plow them in good and hard, next smooth down and leave Nature the growing process. For fertilizing of muscles use food that does you the most good, for smoothing down use your hands in massage, and for picking weeds, be sure that the bowels are in good working order,—they should move at least once a day. Whenever somewhat sluggish, massage along the colon, and if that does not sufficiently accelerate the movement, change the diet. Should this fail to cause an evacuation, flush the colon. But above all, never take medicine, as it only strains the intestines and dries up the mucus membrane, in this way producing a result which is the forerunner of almost all ills known to humankind. So to obtain the best results in our bodies it is necessary to use plenty of exercise,

plenty of right kind of food and to keep within bounds of reason.

Irrigation next is of utmost importance. Drink plenty of water between meals, none with meals. Again, keep mind that too much rain will wash away the seeds, too little will dry them. So use common sense.

I have thought it necessary to precede the exercises for the abdomen with above advice so as to preclude the danger of having the good effects of exercise offset by faulty attention to your personal hygiene. The trouble



PHOTO. I.



PHOTO. II.

with people is that when they earn a little more than they actually need to subsist upon they use all energy for thinking, even when at meals. The food goes down insufficiently masticated only to rot in the stomach. The rot causes gas, which distends the intestines and at last causes great distress.

So think of what you are doing. Give the stomach a chance and then the stomach will give the brain a chance to come out some clever things whereby you will be enabled to procure some good fertilizer for the delectation of the stomach.

After reading the above and still not understanding it, then start the abdominal exercises anyway, and keep them up twice a day for a month. In that time your thoughts will gradually change to be better in regard to diet. Next eliminate one or two of the exercises that seem of least importance to you. Keep up this elimination process until only one is left, and that one will allow you to realize in what improvement you gained.

These exercises are specific as well as

of immense benefit to all of the lumbar organs, because the limbs are raised while performing the exercises, and this allows all the blood to flow into the parts exercised.

EXERCISE I.

Lie on the back with the calves of the legs on a chair. Next make a serious attempt to assume a sitting position without in any way aiding yourself with the legs. Quite a hard exercise for the upper part of the stomach.

EXERCISE II.

In addition to raising of body, also raise legs of the chair, trying your best to reach the chin with the knees. Splendid for the whole abdomen.

EXERCISE III.

Raise legs off chair and straighten them out, the arms under the head just simply for comfort. Try to push legs and hips directly towards ceiling. Fine for lower abdomen.



PHOTO. III.



PHOTO. IV.

EXERCISE IV.

Hold legs as nearly upright as you reasonably can, similar to Exercise III, but with hands and arms alongside of body. A regular crusher to those suffering with constipation.

EXERCISE V.

Put a cushion on the chair and sit on it. Try to get balance so that equilibrium can be kept and then allow the upper and lower parts of the body to hang perfectly loose on each of the two sides of the chair. Very good to draw overflow of blood from the parts worked in previous exercises.

EXERCISE VI.

From the last exercise raise both body and legs to the highest point possible. Be careful not to tumble off the chair. Help yourself at first with one hand by holding on back of chair. Splendid for abdomen and whole of the front of the body.

In beginning these exercises do each one three or four times, gradually increasing up to any number. The exercises were posed for by one of my pupils, Mr. Arthur Gontran Goldbach.

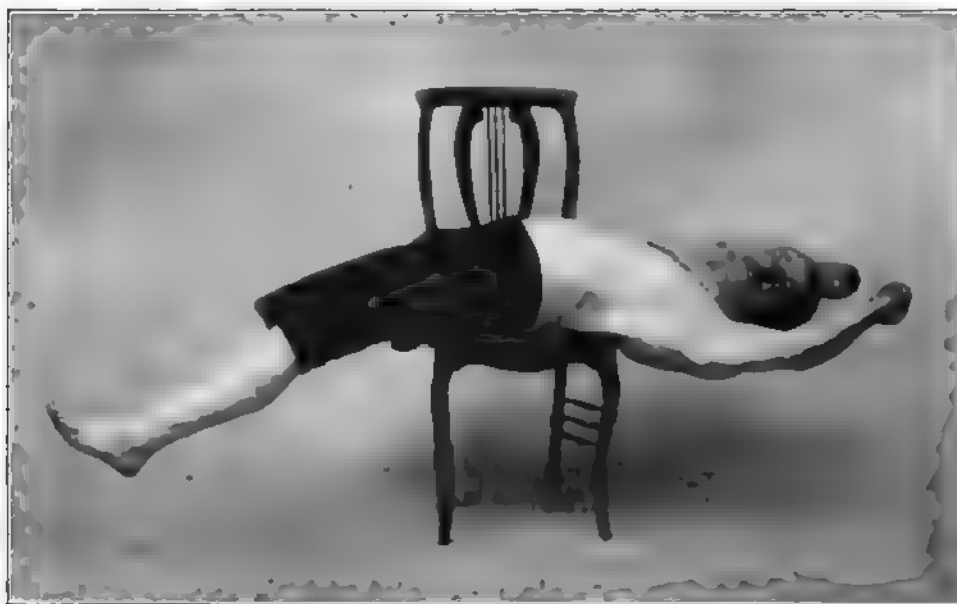


PHOTO. V.

is a movement to erect a monument to Pocahontas at Jamestown, Va., a monument which owed its preservation to the Indian Princess. Pocahontas was the first Christian among the aboriginals; the first Virginian to speak English; she saved many lives from starvation, and was a remarkable woman in many



PHOTO. VI.

A ingenious test of sobriety is now experimentally adopted in Continents. On entering a public house a would-be drinker finds that the only way the bar lies along a platform two feet high, ascended by three steps. This platform is about twelve feet wide and fifty yards long, following a zig-zag course, with here and there a hurdle that has to be stepped over. A man who has already had a drop too much is thus practically certain to fall on a narrow and difficult pathway to

the padded floor especially prepared to receive him. Sober ones are served in the order in which they reach the bar; if they require another drink they must traverse the platform a second time, and so on.

THE SCIENCE OF MEDICINE.

No. 2.

By JAS. MONTGOMERY.

In our former article we allowed the credit of the medical profession to rest on their art, but those we heard did not seem to admire their own profession. Not all, of those men are dead, but the profession of drugging has advanced steadily until at present it bears a close resemblance to the same profession of twenty-five or fifty years ago. A natural query which arises in the mind of laymen is this: Does it come nearer to being an exact science than when Sir Thomas Watson and Dr.

Mason Good and others had it on the rack a quarter of a century ago? I think it does. In fact I'm sure that it is a very exact science in many respects, but—to quote the words of Sir Thomas Watson again—"Certainly the greatest gap in the science of medicine is to be found in its *final and supreme stage*—the stage of therapeutics." In other words, it is a science all right, but it is no good as a cure for disease! And to show that this is the opinion of the medical men of to-day I will quote from Dr. Potter's

Materia Medica (Quiz-Compend) concerning the action, or rather the effect of some of the most common drugs. Some of these drugs are used promiscuously by people who know nothing of their deadly effects.

Take, for instance, the *bromides* used to produce sleep, quiet nervous irritation, relieve headaches, etc., and we find that "continued for some time they produce gastric catarrh. They reduce the number of respirations, and the heart's action and force."

"They impair mobility and the sexual functions, cause great pallor and emaciation, lowered body-temperature, cause acne on the face and upper extremities, fetid breath, dysphagia, sluggish reflexes, etc., etc." All this and much more which may happen to the ignorant users of the bromides is called "Bromism." Dr. Potter acknowledges that their use is terribly abused by patients, by nurses, and even by physicians."

Antimony (Tartar Emetic) he says, in small doses is very efficient in acute inflammation of the respiratory tract, but in "larger doses it produces vomiting and purging, with evacuations much like the rice-water discharges of cholera, and great prostration of the vital powers. *Toxic doses* produce similar symptoms, with epigastric pain, cyanosis, delirium, motor and sensory paralysis, suppression of urine, collapse—much the phenomena of Asiatic cholera." Why not use Asiatic cholera germs instead of antimony and get same results?

Hydrastis (Golden Seal), he claims, "promotes appetite and digestion," but he confesses "long continued it deranges digestion and causes constipation" (that prolific cause of countless morbid conditions). "It is an antiperiodic, and a

protoplasmic poison, arresting the movement of the white blood corpuscles." These white blood corpuscles are the defenders of the body against the intrusion of disease germs and malaria poisons, but Golden Seal arrests their movement, and leaves the body open to invasion. A great remedy indeed! He also says it is good for constipation. He said it caused constipation also! The latter statement is the correct one.

Eucalyptus "promotes appetite and digestion, stimulates the flow of saliva and gastric juice, etc.," but in larger doses it "causes great muscular weakness, nausea and vomiting, indigestion, diarrhoea, and, if continued, will irritate and congest the kidneys."

Even *bismuth*, given so frequently to check diarrhoea and dysentery, "after a time produces constipation, and always gives to the stool and to the tongue a dark clay color, by reason of its conversion in part to a sulphide in the gastro-intestinal canal." He says also that the commercial preparations of bismuth are usually contaminated with arsenic.

Another very common dope is called by the fanciful name of *Ferrum* (iron), and is said by Dr. Potter to be "indicated in anæmia," when it improves the blood, "increasing the number of red corpuscles, and improves the appetite and digestion," which all sounds very well, indeed, if we did not read on and find that in "large doses it causes nausea and vomiting" and "acts injuriously on the teeth." "It should be given after meals, and necessarily suspended for a time to avoid deranging the digestion." Although he said that it "promotes appetite and digestion"! Strange how it could both *derange* and *promote* the digestion! We cannot but wonder why,

iron is needed, it is not given as in tomatoes and other natural

composition of *Cod Liver Oil* is as follows: "Consists chiefly of and margarin, with a peculiar principle—Gadinin,—also propylamin, bile uents, and traces of sulphuric and ioric acids, bromine, iodine, phosphorus, iron, lime and magnesia." Quite a variety of ingredients for the popularizing oil so often and so freely used in convalescence, etc. Most of the "traces" found in cod liver oil are poison, as sulphuric acid, bromine, phosphorus, iron, etc., etc.

Even *Cascara Sagrada* (which is the bark of the California buckeye) one of the mildest, and probably the least objectionable of the cathartics, 'contains several resins, also a little oil, much tannin, etc.'" In fact, it is such that any drug you may wish to use has some very great objections, according to "Materia Medica."

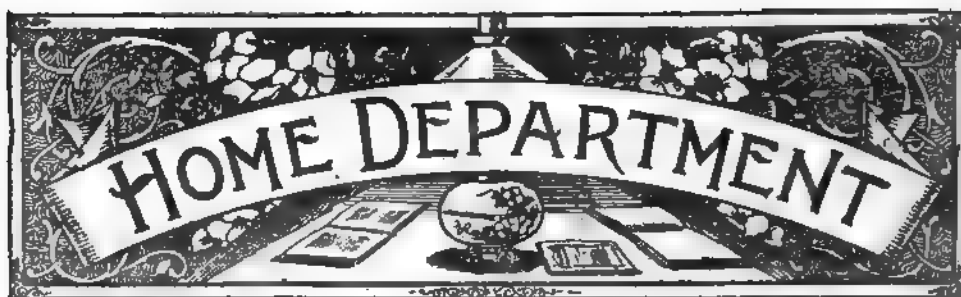
Castor Oil, he says: "The purer the less purgative. It consists of ricinoleic acid combined with water."

As for the things which will happen to you if he uses *Mercury* in its various preparations (as *Calomel*, *Blue Mass*, *Blue Ointment*, *Corrosive Sublimation*, and a multitude of others) is enough to make one wonder why on earth it is used at all. Certainly the disease is far worse than the diseases for which it is used. Says Dr. Potter: "Mercurials are incompatible with almost everything"—speaking of the chlorides of mercury. He further admits that, "The combination of calomel with hydrochloric acid (the acid of the stomach) is apt to produce corrosive sub-

limates" or bichloride of mercury, one of the most deadly of poisons, and a thorough disinfectant when only one part bichloride to 1,000 parts water!

He also says on one page that, "The red iodide and the cyanide are *irritant poisons*," and on the next page says this: "The cyanide in doses of gr. 1/50-1/100 has many advocates, and is undoubtedly efficient for this disease"—diphtheria.

And just how an "irritant poison" could benefit the delicate human system under any circumstances is hard for one to understand. But I can't continue this forever, as one would have to take up every drug on the list to have it complete, for they all have some drawback or other, if we are to believe the author of "Materia Medica." And we see now very clearly that there is a more certain knowledge about the effect of various drugs than formerly—especially about the *bad effects*. But there still remains that "gap" in the therapeutic stage of the system which still takes in its multitude of victims, and still remains unbridged! It seems queer that the people themselves do not reject such an uncertain system, and turn en masse to the principles and practices of such journals of our beloved HEALTH for relief. Those who have done so find not only a cure but a *preventative* also, which is worth much more. Verily: "In vain thou shalt use many medicines, for thou shalt not be cured," for the simple reason that, "Thou hast no *healing medicines*." (Jer. 46:11 and 30:13.) So what is the use in trying to get healing out of something whose nature it is to destroy—the very opposite of healing. It never has been, it is not, nor will it ever be so.



CONDUCTED BY HARRIET HEMIUP VAN CLEVE.

DECEMBER.

What babe new born is this that in a
manger cries!

Near on her lonely bed his happy mother
lies.

Oh! see the air is shaken with white
heavenly wings—

This is the Lord of all the earth, this is
the King of Kings.

“The star that shines in Bethlehem
Shines still and shall not cease,
And we listen still to the tidings of
Glory and of Peace.”

The Christmas festival never grows old or stale. It always comes with a freshness and joy, and warms the heart of the world into kindness and love. You can feel its approach in the very air. The shop windows blossom into beauty, the odor of the pine and the glowing red of the holly are on every street corner. The faces of the shoppers are wreathed in smiles, and arms filled with bundles whisper happy secrets. Rich and poor, high and low, are as one in their joyful anticipations of the festival. It is the dearest and best festival of all the year, because of its loving unselfishness.

It is the one day when the thought of

every heart is entirely for others. It has been the inspiration of the greatest of painters, and has been the inspiring theme of the grandest music. Handel's Messiah is one of the triumphs of the world in music, and the stately poems of the nativity are familiar to us all.

In all civilized countries the annual recurrence of Christmas has been celebrated with various festivities. In none, however, was it more joyfully welcomed than in Old England. In that country it was the custom on Christmas eve, after the usual devotions were over, to light large candles, and throw on the hearth a huge log called the Yule log, or Christmas block.

At court and in the homes of the wealthy an officer named Lord of Misrule was appointed to superintend the revels. In Scotland the person appointed to superintend the fun was called the Abbot of Unreason.

The Christmas tree has become a prevailing fashion. By most persons it is supposed to be derived from Germany; such, however, is not the fact. The Christmas tree is from Egypt, and its origin dates from a period long antecedent to the Christmas era. The palm tree is known to put forth shoots every month, and this tree with its twelve

as it was used in Egypt at the winter solstice as a symbol of a very early date still mingle the tradition and customs of the past tree. But the Christmas tree, standing what has gone before, it came to us directly from Ger-

ing the day spend at least ten minutes in such a manner, and even that short time will do much toward resting and strengthening tired nerves and body, or simply sit quietly and close the eyes and pass the hand quietly over the face and let it rest on the eyes and temples (the warmth of the palm possesses most soothing and healing powers), would be a little respite from the tense condition in which poor, long-suffering nerves are kept.

The frequent use of an eye cup filled with tepid water and made about the saltiness of a tear, or a solution of boracic acid, will rest and strengthen tired eyes and quickly arrest inflammation.

To remove wrinkles in the neck throw the head back several times night and morning to put the skin on a "stretch," and smooth out the wrinkles. At the same time rub the neck with a good cream, and pinch and massage to increase the circulation.

There is no better treatment for bringing color and glow to the hair than by brushing it thoroughly once a day. This very act in itself is an excellent physical exercise. Orris root powder dusted over the hair is often a substitute for frequent shampooing. Sprinkle the powder into the hair and rub it well into the scalp, then brush it out. Orris is one of the few powders which may be used for this purpose as it will not stop the pores. It is cleansing and good for the hair.

Recent article in the New York Sun on physical culture, says that most people think that because they cannot spend a great deal of time in physical exercise it is useless to attempt anything of the sort, when, if they would follow a few simple rules of exercise, they would find themselves much less tired at the end of busy days. There are two simple exercises which should never be dispensed with by women who wish to remain in good health, and retain a freshness of face and grace of figure. Deep breathing is the first and most important of these, as it will insure perfect circulation, prevent colds, prove refreshing when one is tired, give a healthy tone to the skin and strengthen the action of the heart. Next to this stands the exercise of raising the hands above the head, then touching them to the floor and bending the knees. This movement will reduce the hips and lengthen the chest, and give grace and suppleness to the body. It has been said that women would add ten years to their life if they could practise the habit of going to a quiet room and lying down in a fully relaxed condition for half an hour or even twenty minutes every day. But, of course, out of the question for many busy women, and yet there are many who could not at some time dur-

"At Christmas tide the open hand
Scatters its bounty o'er sea and land,
And none are left to grieve alone,
For love is Heaven and claims its own."

We have given no hints in this number for table decorations, having devoted so much time to this subject in last year's Christmas HEALTH. The quotations for Christmas dinner cards, which proved so popular last year, and for which the editor received so many requests, will be sent on application to the editor of the department. A new set having been prepared.

The General Federation of Women's Clubs have demonstrated their usefulness, as well as their desire not only to study and improve along literary lines, but to do everything possible in their power, for the betterment of the home. Mrs. Decker, the President of the Federation, says, "It is often charged in the press and by many persons that club women are opposed to home life, house-keeping, domesticity, etc. The great majority of club members are homemakers—thoughtful, earnest wives and mothers, who are giving their best efforts to the solution of the problems of their own and their children's lives. They are the grand army, the majority, the ninety per cent., who make the splendid, sturdy Americanism which must be the hope of the future." For this reason the work of the Household Economics and Pure Food Committees of the General Federation is of unusual interest to club members. Ten years ago a club-woman started in San Francisco an investigation of the markets. This was done by Mrs. Guthrie, who is now the present head of the Pure Food Committee, whose object is the collection and spreading of all information pertaining to pure food and in aiding in every way the passage of national and state laws. The club-women have come to realize how much

may be done for the nation by beginning right in their own kitchens. In many clubs throughout the country one meeting will be devoted to the kitchen, the location, furnishing and care. Another meeting will be devoted to the study of proper foods, and here will come in some exhaustive work on the pure food question. Mrs. Winslow says in the *Delineator*, "The intelligent club-woman has found that many things must come into consideration in planning the meals of her household. She has the problem of making the tastes of her family and the limitations of her purse correspond to the science of nutrition and economy. She must learn to adapt the food of the family to the intricate machine, the human body, and to provide for it such fare as will give it energy and life with as little waste and as little friction as possible." The "simple life" has been talked to the tiresome end, but a more simple home life is what every housekeeper should aim for. Clean houses and pure food constitute a problem that comes close to every woman's heart.

Among the helps to individual and club study along these lines are the series of dietary studies which have been issued from time to time during the past ten years by the office of experiment stations, United States Department of Agriculture, Washington, D. C. These cost five and ten cents each. Two of the best to begin with are Bulletin 28 revised and Bulletin 129. The latter gives menus for several days at different prices with itemized list of materials used and cost of each. Other helpful books are the "Dietary Computer" and several other by Mrs. Ellen H. Richards. All of which we recommend to the readers of HEALTH.

RECIPES.

a carnivorous production,
have meals at least three times

ICE GRIDDLECAKES.

Take a cup of warm boiled rice
which has been cooked until very soft, and
add a cup of sweet milk, half a
teaspoon of salt, a tablespoon of melted
butter or cream, and the yolks
of two eggs beaten sepa-
rately. Mix thoroughly, then
add a little flour to hold the rice to-
gether. Drop in thin batter and bake on a

DEVILLED APPLES.

For a relish use the sourest apples
possible. Peel, core and slice into a
thin layer. Add equal weight
of water, of light brown sugar.
For each pound of apples allow the juice and
rind of three lemons, two ounces
of grated ginger, and two tea-
spoons of paprika. Boil together
until the apples look transparent, then
strain off the liquid, and serve
hot, in jars. This is fine to
eat with meat.

A northern recipe for Christmas

TURKEY AND OYSTER SAUCE.

Boil a turkey in plenty of water;
then stuff with the following:
one dozen oysters, bread crumbs, salt
pepper, and two tablespoonfuls of
flour. Flour it all over and sew
up. Boil two hours or more.
Take liquor of twenty-four
oysters with salt and pepper, put
one pound of butter and put on
a low fire. Add a quarter pound of butter
and a little flour to make a stiff paste,
then add the hot sauce and boil until it

thickens, drop in twenty-four oysters.
Boil up and take off immediately.

LEMON RICE PUDDING.

Boil a cup of well-washed rice in a
quart of milk until very soft. Add to
it while hot the beaten yolks of three
eggs, the juice and grated rind of two
lemons. Eight tablespoonfuls of sugar
and a pinch of salt. If too thick add a
little milk. It should be rather thicker
than boiled custard. Turn it into a pud-
ding dish, beat the whites of the eggs
very stiff with six tablespoonfuls of
powdered sugar, spread over the top
and brown delicately in a slow oven.

QUICK TURKISH SOUP.

Stir a teaspoonful of beef extract into
one quart of boiling water; add a table-
spoonful of grated onion, a saltspoonful
of celery seed. When this reaches the
boiling point pour it slowly over the
well-beaten yolks of two eggs. Have
ready drained, four tablespoonfuls of
boiled rice, add and serve at once.

MRS. RORER.

STEAMED PUDDING.

Take two eggs well beaten, one cupful
of sweet milk, sifted flour enough to
make a very stiff batter, two large tea-
spoonfuls of baking powder, a pinch of
salt, apples or any kind of fruit can be
stirred in. Steam one hour, and serve
with sweet foamy sauce.

“When twilight shadows softly fall
Across the fading light,
And vesper bells in music call
The heralds of the night,
O, hour that breathes of peace and rest
To those who sadly roam.
Hour that is dearest, sweetest, best,
When evening brings us home!”

USEFUL HINTS.

Outer leaves of lettuce, which are not attractive for salad, can be boiled or stewed and served as greens.

Soaking a dish in which something has browned in water containing a little sal soda, lye or ashes, is far better than to scrape it.

Broken molds of lemon or coffee jelly can be remolded by simply warming the gelatine most gently, then turning into molds.

In filling a lamp or other vessel in which it is impossible to see the height of the liquid use a definite measure.

Watch the nap in sweeping a carpet in order to bring out the design to advantage.

To renovate black silk, sponge with black coffee, then iron.

Be careful to never buy very coarsely grained granulated sugar which is of an uncertain whiteness. It is not pure.

A down sateen comfortable may be washed as follows: Make a good suds of fine white soap and water not too hot, in which soak the quilt for an hour. Then rub gently with the hands, rinse thoroughly, and hang on the line in the sun. At intervals as it is drying give it a good shaking. It may take four days to dry it perfectly. Choose a sunny time, and shake often. If these directions are followed strictly it will be as fluffy and beautiful as when new.

Answered by request of A. D. T.

Press pieces of cream cheese between halves of walnuts. They resemble cream walnuts, and are delicious and pretty with salad.

French chalk put on grease spots made on wall paper will remove them entirely. It may require several applications.

For ironing day, a long strip of unpainted wire netting, which is used in window screens, and folded into four or five thicknesses a little wider than a flat-iron will be found better than the usual iron stand. Whenever the flatirons get sticky it can be rubbed over the netting three or four times and cleaned.

Croquettes which are usually fried, and are unhygienic cooked in this way, will be found very nice if prepared in the usual way and baked.

The green and blue stains made by alcohol on a chafing dish, or anything else, may be removed by simply rubbing with a soft cloth moistened with ammonia.

If the slide in the ash pit door of your furnace is painted white, you can easily tell at a glance whether or not the slide is open. When it is closed, the white enamel will show, and when open the enameled part will be out of sight.

When raking the fire in the morning in your furnace, fill the ash pot or bottom of furnace with water, thus preventing dust from arising.

"We believe," says the *Pacific Medical Journal*, "that if the toothbrush is

d and sprinkled with a few drops of per cent. formalin and hung up after use, it will be free from any serious objection than other toilet appliances introduced by our modern civilization."

pencil drawing or letter may be from blurring by dipping in milk resher the better) and allowing it

I am sure most of the dear readers of **HEALTH** remember how it was said of "Old Scrooge" in Dickens's beautiful "Christmas Carol," "that he knew how to keep Christmas as well as any man alive." May that be as truly said of us all, and as Tiny Tim observed:

"God bless us every one."

A Merry Christmas and a Happy New Year to you all.

THE SALARIES OF SINGERS.

ing the three years spent by Fari- London (1734-36) his income was is than £5,000 a year. His great affarelli, in 1740, received at Ven- higher salary than any singer had fore—£385 and a benefit, equal to or a season of three months. He ossessed of enormous wealth. undred pounds a night was paid 1775 to Agujari for singing two during her engagement at the on Concerts at London; it was an ous figure for those days. When i first came to London, in 1806, rgained for £2,000 for singing at ing's Theatre in the Haymarket the season, which lasted from 13th iber of that year to August, 1807, r with £100 "to defray the ex- of her journey to London," and e benefit free of expense. But ded in receiving much more than The total amount got by her from eatre in 1807, including benefits 5,000, and her total profits that ith concerts, provincial tour, etc., £16,700.

327 Pasta received £2,355 for sing- uring the season in London—a d pounds more than she had ob-

tained three years before. The terms of Lablache, in 1828, for four months were £1,600, with lodging, and one benefit night free of all expenses. Malibran, when she came to London in 1833, sang at Drury Lane in English opera, and received £3,200 for forty representations, with two benefits, which produced not less than £2,000. At the opera in Lon- don, during May and June of 1835, she received £2,775 for twenty-four rep- resentations.

Rapid strides on the road to riches were made by Alboni. When she came to London, in 1847, she was engaged for Covent Garden at £500 for the season. The day after her first appearance the management raised her salary to £2,000. Sontag got £6,000 for singing during six months at her Majesty's Theatre in 1849.

Rubini was of a saving disposition, and left one of the largest fortunes ever accumulated by any member of the pro- fession. As a specimen of his gains, take the first concert he gave at St. Petersburg, in 1843, when he realized over £2,000, and was created a colonel, and "Director of Singing" in the Rus- sian dominions into the bargain.

DIVING FOR RECREATION.

By G. H. CORSAN.

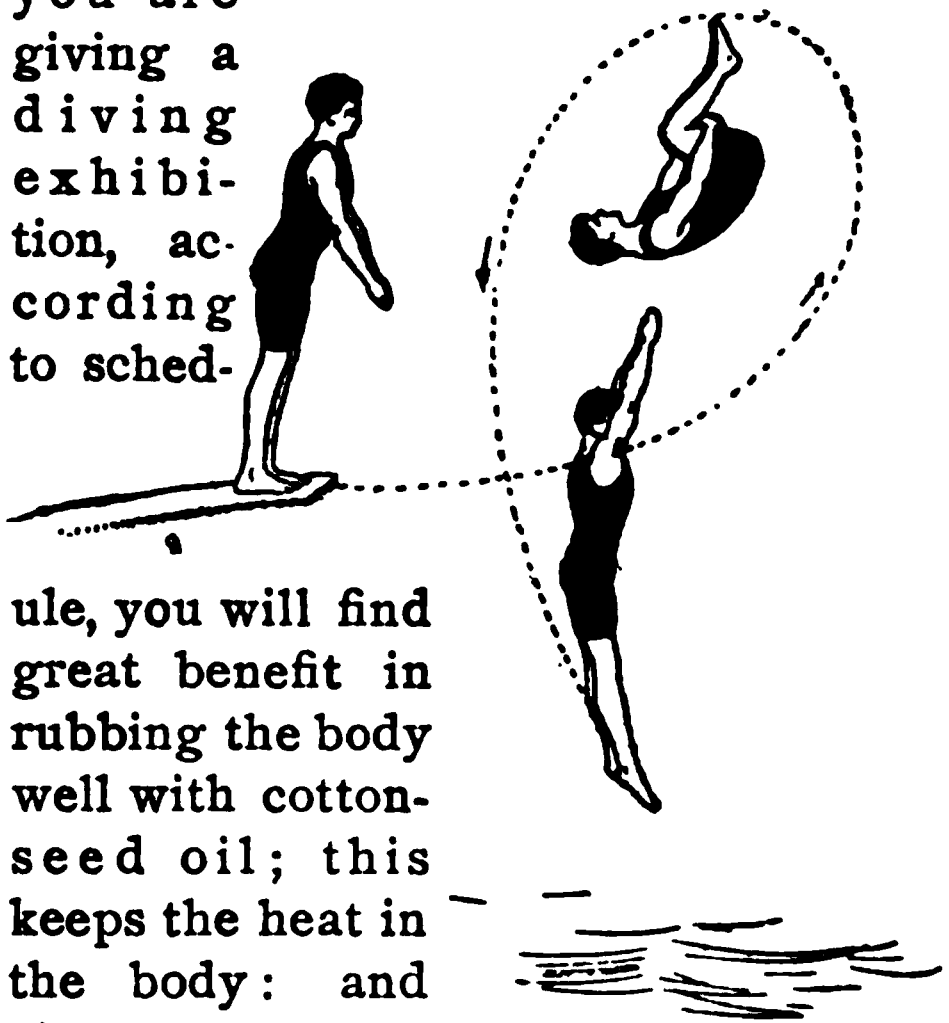
A great many people have not the slightest idea what a fancy or graceful diving competition would consist of, and the general public's idea is that a prize for diving would be donated to the person who swam the furthest under water. Now, this kind of competition is barred from amateur sport in Britain for the simple and sensible reason that competitors often drown themselves trying to swim under water, and this is much more easily accomplished than most people would suppose, and the tendency is to stay under until insensibility ensues. If you are swimming under water and you should feel a thump in the back of your head, come up immediately, or you are lost; and in fact, you have stayed under longer than is good for you, and have injured your heart already.

A person once asked me, How it is that such a large number of persons manage to get out of sight immediately they tumble overboard from a rowboat or canoe, and cannot swim; then some one dives in after them and cannot see them? The reason for this is that they do not dive right. Now, if they would dive down deep and below where the person sank and then turn over and look up, they would be far more apt to see and locate the struggling unfortunate.

Would-be suicides had better try diving, and probably they would change their minds and find life worth while.

In diving keep your eyes open, keep your knees stiff and legs close together.

Diving is good sport for the "has been" swimmer, as it is not so strenuous. An old man can enjoy diving as well as a young man. It is very seldom that you find a fast swimmer and expert diver in the same man, for the rule is that good divers are indifferent swimmers, and *vice versa*. If the weather is cold and you are giving a diving exhibition, according to sched-

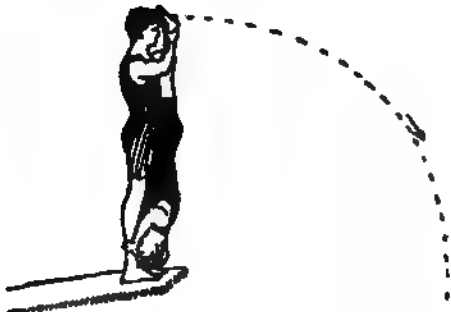


GAINER DIVE.

ule, you will find great benefit in rubbing the body well with cotton-seed oil; this keeps the heat in the body: and also use a wool bathing suit, as it does not hold the water, and you have a chance to warm between dives.

All kinds of dives can be performed from a horizontal bar and double rings, or more properly speaking, entries into the water, more or less graceful, for strictly, a dive is a header and not a feet-first entry into the water.

Some people when they have nothing to do, eat; others drink whiskey, and the result is that their kidneys are so



weak that diving (unless the weather is quite warm) hurts them. Even a gentle, warm breeze blowing on the wet body—unless the sun is very hot—disturbs the circulation and causes the average person to shiver and be uncomfortable. So diving should be a sport giene and physical hand in hand.

CONTROL OF
I am often asked, control yourself air?

That depends kind of a dive you stance, a dive off a 30 springboard with your thus prevent going side-high, neat, your eyes



TWO WOODEN SOLDIERS DIVE.

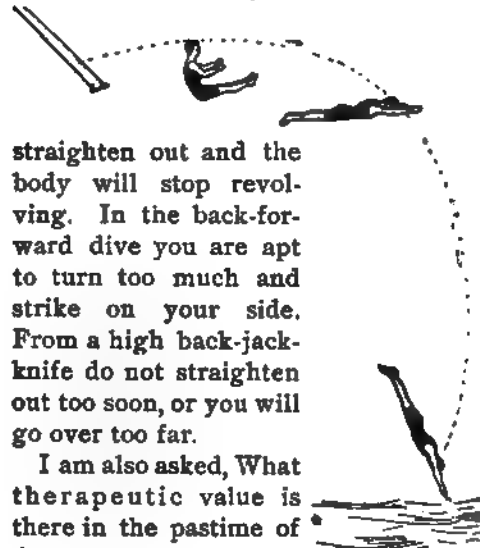
in which hy- culture go

BODY.
How do you while in the

upon what take. For in-handstand or 40-foot you steer hands, and yourself from ways. In the dive, keep open and watch and

act quickly. You should let the body

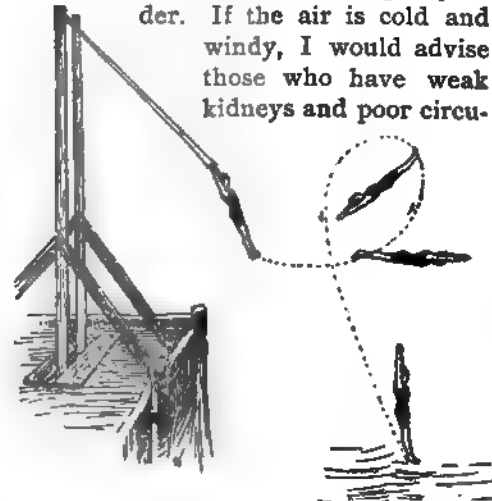
follow the head, then throw the hands forward and break a way into the water. In the back somersault keep your eyes open, and when you see the water



straighten out and the body will stop revolving. In the back-forward dive you are apt to turn too much and strike on your side. From a high back-jack-knife do not straighten out too soon, or you will go over too far.

I am also asked, What therapeutic value is there in the pastime of diving?

The tumbling and twisting motions in the act of fancy diving are excellent for the liver, and a good preventive for constipation and appendicitis. And the deep dive is a good lung expander. If the air is cold and windy, I would advise those who have weak kidneys and poor circu-



LAT OUT FROM TRAFFER.

lation to refrain from the sport of diving. To ward off threatened insanity from business worries, such a diversion as fancy diving is like water to the thirsty desert wanderer.

GAINER DIVE.

Toes pointed toward the water. This is half a turn more than the come back dive.

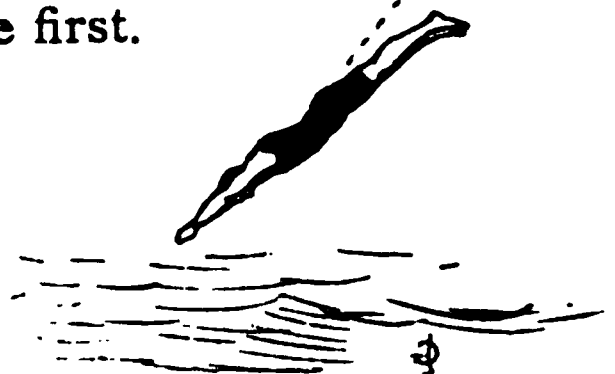
SITTING SWING FROM TRAPEZE.

Leave the trapeze on the forward swing and not on the return, and thus get the benefit of the forward impetus. First work up high.

This is great fun, and not nearly as hard as it appears, for the forward impetus of the swing sends you high in the air, where you have time to arrange yourself to come down head first.

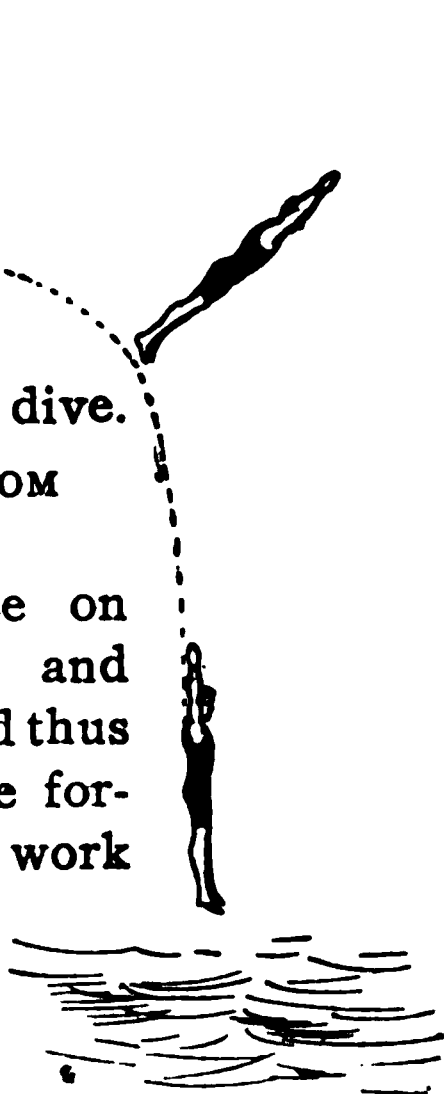
TWO WOODEN SOLDIERS DIVE.

About 12 feet is right height for this dive. Great fun; each struggles to see who comes up the first.



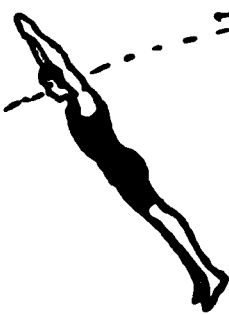
HANGING DIVE FROM TRAPEZE.

HOOK SWING OFF TRAPEZE.



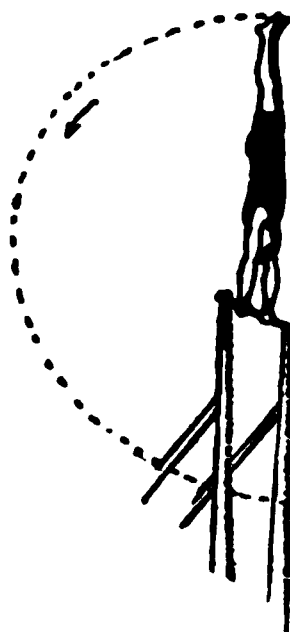
LAY OUT FROM TRAPEZE.

Requires nerve, but do it. Let go of the bar before the finish of the swing.



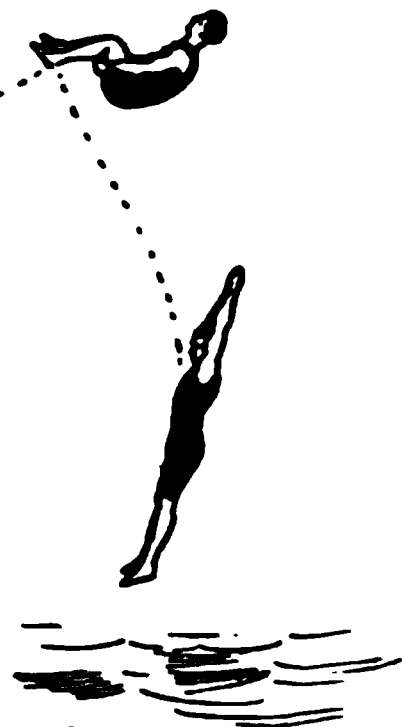
HOCK SWING OFF TRAPEZE.

Swing up high and get the proper lay out, or you will go over too far and strike your back. Always leave the bar before the finish of the swing.



GRAND TOUR AND LAY OUT, OR FLY AWAY.

Subject clasps his knees for one-fifth of a second, then straighten out. A good way to learn the Back Giant Swing on the horizontal bar. Requires energy and nerve.



GRAND TOUR AND LAY OUT.

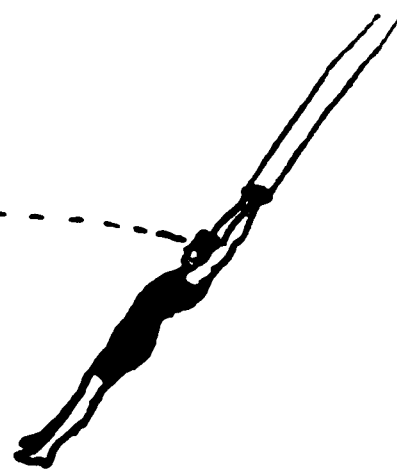
HANGING DIVE FROM TRAPEZE.

This is a somewhat difficult dive, but it can be done. Keep knees stiff and

jerk the heels back and up, and hands and head down, as soon as you leave the swing. Always keep your feet together and never apart.

DROP DIVE.

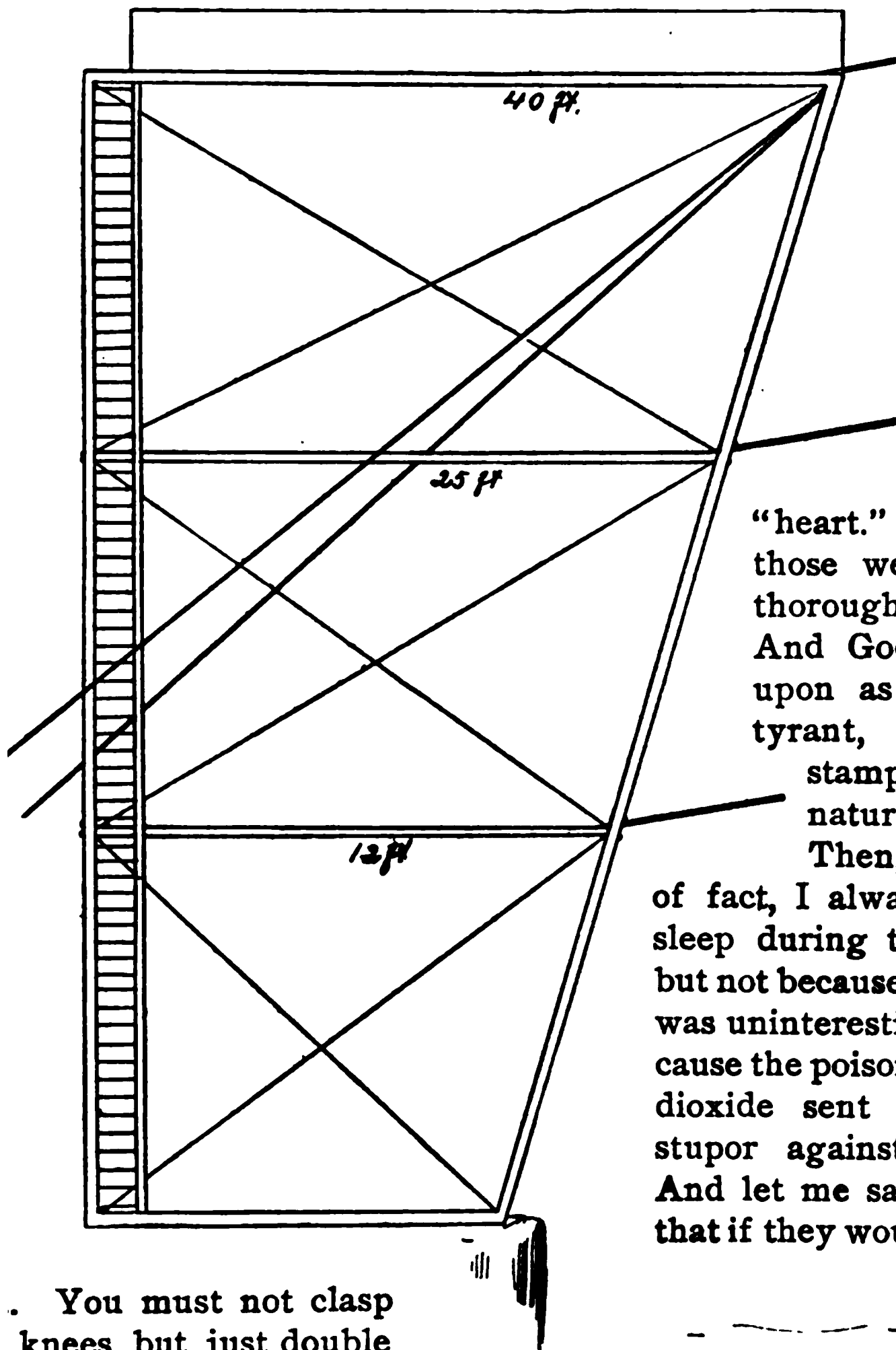
This is splendid practice for controlling the body while in the air. Do not straighten out too soon, or you might go over too far and strike your back.



THE CANNON-BALL DIVE.

Take a good run, jump high, and far from the spring-board; then double and hold that position until just before entering the water, then straighten

I do so with great deliberateness, and fully believing that I am doing right. As a boy I was forced to go to church twice on Sundays, and once to Sunday school, besides learning the collect by



"heart." O! my! but those were days I thoroughly hated. And God I looked upon as a horrible tyrant, ready to stamp upon all natural pleasure.

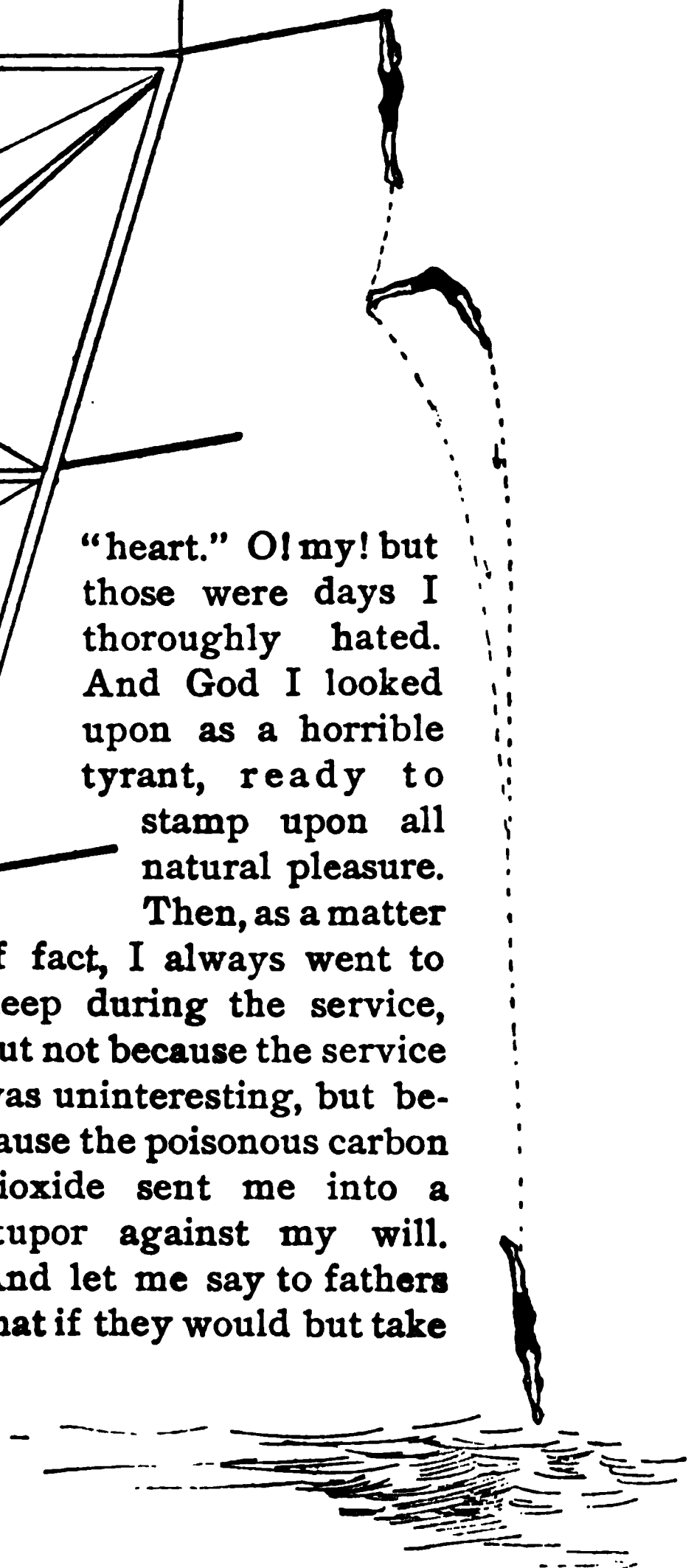
Then, as a matter of fact, I always went to sleep during the service, but not because the service was uninteresting, but because the poisonous carbon dioxide sent me into a stupor against my will. And let me say to fathers that if they would but take

. You must not clasp knees, but just double your arms up outside the thighs.

MORALITY OF DIVING.

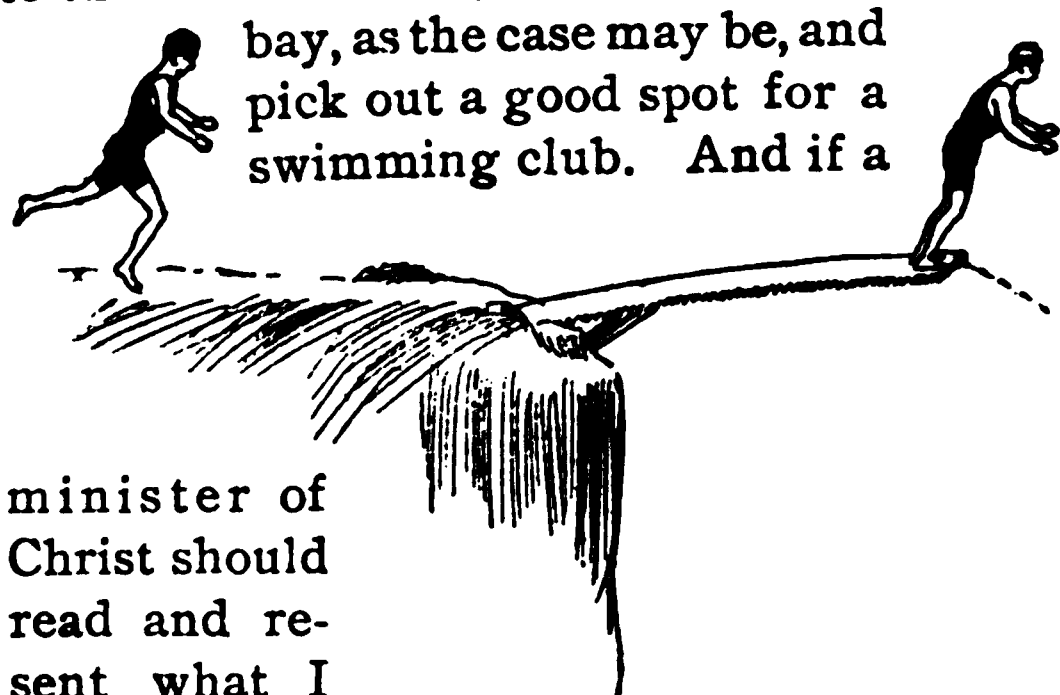
was once asked why I could go swimming and diving on the Lord's Day instead of to church and Sunday school. In answer, I say, that

more interest in their sons and less in drinking whiskey at their club, that they would be a joy to their God, and



DROP DIVE.

not a subject of contempt and pity. Now, if this should apply to the reader, let me suggest that you get up and hike to the nearest creek, river, pond, lake or



minister of Christ should read and re-

sent what I say, let me remind you that as a counter attraction to the gambling dens, houses of vice and drinking hells, I say that high and graceful diving is of God, and not of the evil one, and I know where I am at.

SOME REMARKS.

As a rule, judges of diving competitions do not dive themselves, therefore, it behooves competitors to ask their judges what they consider good and bad diving. If a competitor desires to enter the water like a knife, without a splash, then he shall have to take a deep dive; but, on the other hand, if he wants his head out before his feet are in, then he must make a splash. I was once asked why so many men become blind diving? Simple, leave whiskey alone; they do not go together.

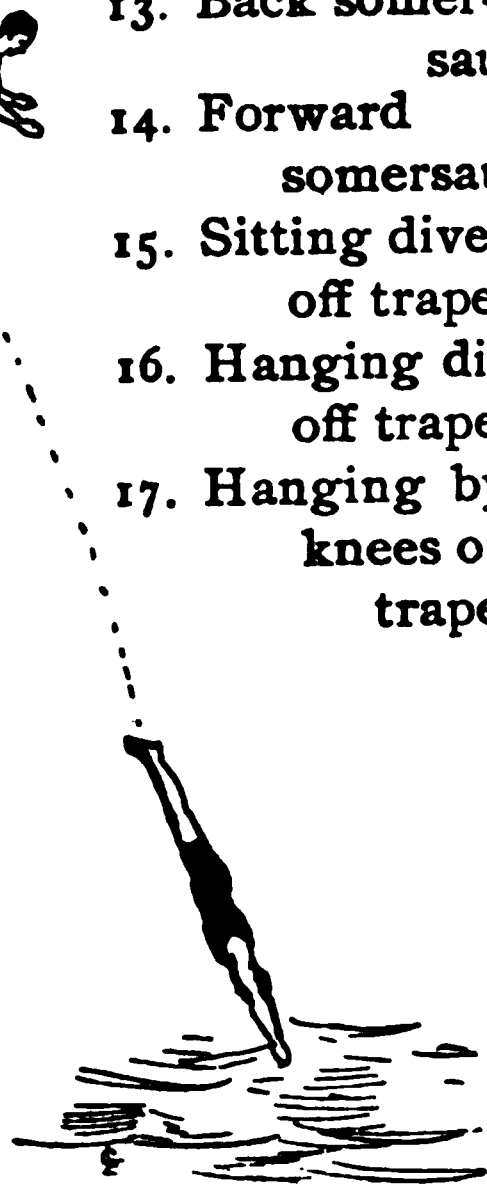
As far as I know there are about thirty different dives.



LONG PLUNGE, FEET FIRST.—Taken off a low spring board; distance measured to toes; must not move in water; arms extended high over head.

NAMES OF THIRTY DIFFERENT DIVES.

1. Neat dive forward.
2. Back forward dive.
3. Hand stand dive.
4. Swan dive.
5. Butterfly dive.
6. Forward jack-knife dive.
7. Back jack-knife dive.
8. Come back dive.
9. Back dive.
10. Long plunge, head first.
11. Long plunge, feet first.
12. Hang dive.
13. Back somersault.
14. Forward somersault.
15. Sitting dive off trapeze.
16. Hanging dive off trapeze.
17. Hanging by knees off trapeze.
18. Lay out, or fly away off trapeze.
19. Hock swing off horizontal bar.
20. Grand tour and lay out horizontal bar.
21. Swing, then turn hands and over the bar.
22. Giant swing and lay out.
23. Double somersault.
24. Flapjack.
25. Combination apart.
26. Running high dive, 30 feet.
27. One and a half.
28. Gainer.
29. Two wooden soldiers.
30. Cannon-ball dive.



CANNON-BALL DIVE.

THE EATING-HABIT.

HOW TO GET THE RIGHT EATING-HABIT.

BY GEORGE PROPHESTER.

ting habit is one of the oldest, the most essential, one of the deep-rooted habits to which every being is subject; and consequently when we go wrong in this habit, of the many ways in which a man go wrong, the consequences are proportionately bad and numerous.

There is only one habit that is older than this one, and that is the respiration. The first thing we do after we are born is to breathe air; and we do take very many breaths of air (and of poor air at that) before we are initiated into the next oldest and next important physical habit—that of eating. And this initiation generally comes with a loving kiss of welcome, a soft, tender caress; after which we are ourselves “held in happy arms upon life’s drifted font,” take our *first meal*, if we are so fortunate as to have a healthy mother who feeds her own child, instead of being like many unfortunates who are made to take their first meal of poor milk through a rubber nipple, or out of an old beer or whiskey bottle.

Our first trouble is generally the result of having been fed too generously by a fond and anxious mother, who thinks the only way to keep us healthy is by keeping our stomachs full of milk—her own or cow’s—the case may be. And then

when life is almost pressed out of us by the unusual distention of a stomach so full of milk as to cause us pain, we cry and kick as a remonstrance against this forced feeding; our language and gesture are not understood, but are interpreted as a demonstration that we have not had enough, that we are crying and kicking for more milk, and more milk is forced into us until finally the body rebels and throws out the excess in the form of cheese and by the act of vomiting. This is the second act of the tragedy.

The next thing in order, or rather in disorder, is to give us some lime water to prevent the curdling, and to make the milk “set” well on the stomach. This repeated day after day is of course adding injury to insult. This constitutes the third act of the drama.

And now we are sick. The Doctor is called in, examines us, shakes his head, frightens our parents, prescribes two or three kinds of medicines, requests that they be given to us as directed on the bottles; and above all, our mother is instructed to keep us *well nourished*. His instructions are carried out to the letter. This is the fourth act of the play; and if in this tragedy, the fifth act, the climax, in which we play a star part at a funeral, does not occur, it is conclusive evidence that our mother, and the overfeeding, and the medicines and the doctor combined could not kill us, and

proves that we were strong enough to withstand all these well-meant though injurious methods.

After this initial performance, we may go through these four acts very often, and in the meantime we are thus acquiring the wrong habit of eating more food than we have actual need for, either for growth or to replace tissue that is worn out by physical exercise.

And this habit is strengthened and complicated later by increasing the variety of our foods; then, being overfed and therefore lacking real hunger, we resort to certain kinds of unwholesome foods to stimulate our appetites; then we add spices, condiments, too much salt, vinegars; then to offset the effects of these unnatural, corroding stimulants we pile on the soothing sweets and fats in the form of pastries, puddings, candies, ice cream, soda water, butter, cream, and the like, until we have become a slave to overeating, and a victim to all its evil results in many forms of disease, which we try to cure by taking medicines, but which only add the climax to a succession of wrong habits of eating, eating too much, eating too great a variety, eating wrong foods, eating unwholesome foods, eating stimulating foods, and above all—eating *wrongly*, that is, masticating insufficiently, the worst bad single habit that is part of the compound which makes up the wrong eating-habits.

We shall therefore devote the rest of this article to telling how the thorough, complete mastication-habit can and does, to varying degrees, correct nearly all the other bad habits in the compound of bad eating-habits; and the remarkable fact about this habit is that the other

habits are corrected by it without our exercising any self-denial as to how much we wish to eat, and as to what we wish to eat.

So it is not a question of self-denial or of exercising the will-power except in the one direction—to masticate every morsel of food to the degree of involuntary deglutition, which cannot be accomplished by any one except through complete mastication, which of course is a relative term to those who know nothing about the involuntary swallowing idea, so you must first be told something about it.

If you have been in the habit of chewing a mouthful of bread or meat only five or ten times, and you now double or treble the number of chews on these foods, do not think that you are practising complete mastication—far from it. So you must have a guide by which you can know how many chews may be necessary on the different kinds of food in order to bring about this involuntary swallowing act.

When a piece of first-class whole-wheat bread (which is the only kind of bread any one ought to eat) is chewed sufficiently long to be reduced to a liquid by the saliva, the mass sweetens more and more, until swallowing is involuntary.

The sweetening is the result of a chemical change made in the starch by the action of the ptyalin in the saliva converting the starch into sugar, that is, into dextrine or maltose; and this cannot occur unless there is sufficient chewing, sufficient saliva, and sufficient mixing.

(To be continued.)

EDITORIAL DEPARTMENT

BY CHARLES A. TYRRELL, M.D., EDITOR.

Absolute cleanliness, both internal and external, is the golden key that unlocks the door of perfect health.

TO OUR READERS.

Before these lines present themselves to our friends and readers, we shall have entered upon the closing month of the year, and as this is the last opportunity we shall have of addressing our friends, personally, in 1905, we feel that we should seize the opportunity to indulge in what modern writers are pleased to term a "heart to heart" talk. Our relations with our readers have been of a very pleasant and gratifying character. We have received many appreciative and commendatory letters during the year, and they have inspired us to do our best to reciprocate the kindly feeling shown and to strive still more earnestly to justify the good opinion entertained of us. We have the pleasing consciousness of knowing that our efforts to improve the quality of the magazine are appreciated, especially in the line of increasing the illustrations and adorning it with a handsome cover, and now have it in contemplation to increase the number of pages; in fact, no pains will be spared to make it the most perfect publication of its class. Whatever our

shortcomings may have been, we would point out that at this season of the year—the period of universal good will among mankind—all differences should be adjusted, all faults condoned; therefore, if our readers should have any grievance against us, we trust they will exercise the spirit of Christian charity and overlook it. We are engaged in a humanitarian work, striving to the best of our ability to improve the environment of humanity, and earnestly desire the cordial co-operation, not only of our readers, but of the entire community. We have nothing but the most kindly feelings toward all men, and extend to all, without reserve, our heartfelt wishes for

A Merry Christmas.

SHOULD EPILEPTICS MARRY?

In August last, a case of great importance was heard in the Supreme Court of Errors of Connecticut, regarding the constitutionality of the State law prohibiting the marriage of epileptics. The opinion of Judge Baldwin was most lucid and explicit, and clearly upheld

the validity of the statute. Few people of intelligence will be disposed to question the soundness of the decision, and it is to be hoped that the day is not far distant when the Federal Government will deal with the matter in a comprehensive manner. Prohibitive legislation along this line is in force in Michigan, Kansas, Minnesota and Ohio, but the provisions are not uniform in these States, some of them extending the prohibition to other physical conditions. In upholding the constitutionality of the law, Judge Baldwin pointed out that as the law forbade marriages within certain degrees of kinship, or below a certain age, it is clearly within the province of the government to prevent the consummation of such undesirable marriages as those in which epileptics are the contracting parties. It is true that these restrictions appear to work hardship in some cases, but the essence of good government is the greatest good of the greatest number, and reason and humanity both cry out at the cruel injustice of bringing children into the world, as the result of such unions, foredoomed to suffering and misery. The merely selfish gratification of an individual should not, for one moment, prejudice the lives of future innocent progeny. There are other loathsome diseases, equally, if not more, disastrous in their consequences to future generations, which should, and no doubt will, be included among the causes for prohibiting marriage on the part of those tainted with them. We can conceive of no more necessary and beneficial legislation than that tending to the benefit of the yet unborn, and the general improvement of the race, and heartily applaud those States that have taken the initiative.

THE VALUE OF DRESS.

Shakespeare has said, that "the apparel oft proclaims the man," a statement that is very frequently quoted, and may be said to have passed into a truism. Dress is undoubtedly the outward expression of the inner self, and with few exceptions, the character of the individual may be largely gauged by his garb. Refinement or vulgarity will express itself in costume, and the careful observer will have little difficulty in forming his conclusions. Neat and tasteful dress is a passport that few are disposed to question, and in addition, the knowledge that one is becomingly dressed imparts a sense of confidence which is invaluable either in social or business life. This may be regarded as the commercial side of the question, but from the hygienic standpoint, care in dress is even more important. The mind cannot help but take on the color of its surroundings, and inattention to dress will be inevitably followed by mental and moral carelessness. If, for instance, you lie around negligently in a disordered room, it will not be long before the mind takes on a corresponding slovenliness, and you become as careless mentally as physically. On the other hand, if you feel depressed, the mere fact of making a careful toilet, as if you were going to some special gathering, will be followed by a gratifying rise in spirits. Not every one can wear costly clothing, but all can be neat and clean. Dress in accordance with your pocket-book. In these days there is so much tasteful material at nominal cost, that there are few who cannot afford to be becomingly dressed. Do not try to dress like a millionaire on an artisan's salary. Shabbiness is sometimes unavoidable, but slovenliness is inexcusable. Few peo-

be so strongly poised as not to be affected by their surroundings, and it is, moreover, a most important factor in life, both physical and mental, to draw scrupulous attention to dress. The consciousness of being neatly and suitably dressed will inspire you with self-respect and command the respect of others.

POSITION IN SLEEP.

It is doubtful whether any person is conscious of the position in which they sleep, yet there are very few who have not some particular disposition of the body that they must assume, either voluntarily or involuntarily, before sound sleep visits them. As a rule, however, it is not until we are fairly asleep that the body assumes the position in which it finds most conducive to that sleep, and which is usually the result of a position formed in infancy. So soon as sleep fully overtakes us, the limbs will involuntarily seek the positions to which we have been accustomed, and not uncommonly will perfectly sound sleep ensue. One person in a thousand, of their own volition, places the body in the position for sleep that the peculiar idiosyncrasy of the individual requires. Keep this fact in mind when you retire to rest at night, and if you do not try to oppose this instinctive adjustment, you will be surprised at the disposition of the body, assumed in obedience to an unconscious habit. Try to go to sleep in an altogether new position, and the difficulty you will experience in fighting the drowsy god, and though you combat it, before the struggle is over, you will find that the life-long "night habit" has obtained the mastery, and the body has adjusted itself in

response to this involuntary force. We are the creatures of habit, and position in sleep is only one illustration out of many of its irresistible power.

WHY DO PEOPLE CATCH DISEASE?

People are wont to express surprise at the apparent immunity from disease exhibited by some people, while others contract it readily. And yet the reason is not far to seek. It is simply and purely a question of physical condition. It may be confidently stated, that there is no such thing as an infectious or contagious disease; that is, a disease that may be communicated to individuals, irrespective of the condition of their minds or bodies. We employ the term "minds" advisedly, because it is a well-known fact, that in the case of infectious or contagious diseases, fear is responsible for a large proportion of the mortality. This fact, however, presupposes the reverse of a healthy condition, for with abounding physical health, the mind would be proof against consuming fears. We repeat, that an absolutely healthy body is immune against any form of disease. Have you ever noticed an unsound apple in a bin of this kind of fruits? If so, you have probably noticed that while some of the apples in more or less close contact with the unsound specimen had also become unsound, yet others, in even closer relation, were as sound as could be desired. The reason is that one is in perfect health and can successfully resist disease, while the other was unsound, to begin with. No matter what disease or what unsanitary conditions the individual may be exposed to, if the system is in a clean, healthy condition, he is immune. If,

however, through improper living, intemperance in any form, or disregard of natural law, vitality is lowered and exposure occurs, then, like the apple, the little remaining vitality surrenders, and disease is contracted. Whenever the forces in the system are perfectly balanced, the assaults of disease are quickly repelled. To be immune against disease, you must be healthy; to be healthy, you must be clean, which means, internally as well as externally.

THE FIRELESS STOVE.

Anything that will economize time and fuel in the preparation of food must be of interest to the housewife, and the recent developments in Germany as to the value of the fireless stove, or "hay-box" can scarcely fail to prove interesting. As far back as 1867 a device of this nature was exhibited in Paris, and excited considerable comment, but like many other valuable ideas, it languished for lack of action. Recently, however, Mrs. Bach, wife of the director of the Industrial School at Frankfort, having tried and experimented with it for thirteen years, has reawakened interest in the matter, and popular lectures and demonstrations of its virtues are being given in Berlin, Munich,

Frankfort and other cities. It is not by any means a real stove, but a device by which the cooking of food can be successfully and quietly accomplished at leisure, after the process has once been commenced on the ordinary stove. It is an amplification of the known principle that hot substances may be kept hot for, from ten to twelve hours, by placing them in air-tight vessels, and packing said vessels in an equally air-tight box filled with some substance that is a non-conductor of heat, such as felt or hay. The experiments of Mrs. Bach, however, have proved that food cannot only be kept in this manner, but that if the cooking process is started in the ordinary manner, it can be consummated in the hay-box. The length of time required for the preliminary cooking varies from five minutes for vegetables to thirty minutes for meat, but no further attention is necessary. In fact, the housewife may go on a visit, with the certainty that the food will be cooked, and hot when she returns, and moreover, it cannot be overcooked. This seems to promise a great simplification of the vexed question of housekeeping, if further experimentation confirms the present reports.

"We grow at a uniform rate," said a physician. "There are rules of growth that unconsciously we all obey.

"Take the average man. He grows as follows:

"First year, eight inches; second year, six inches; third year, five inches; fourth year, four inches; fifth year, four inches; sixth year, four inches. From the sixth

year on the growth is slower until the sixteenth year—it is only one and a half inches a year. The seventeenth year has a growth of two inches. The eighteenth year has a growth of one inch.

"At eighteen the average man is five feet eight inches high. Thereafter he grows no more."

HOW ONE MAN REGAINED HIS HEALTH.

BY C. GILBERT PERCIVAL, M.D.

vegetarianism in connection with
strianism as an assisting auxiliary
the two things to which E. C.
iet, one of the richest men of
erville, Mass., ascribes his regaining
ost health. Though a rich man with
ible full of blooded horses for the
members of his family, he never
les the ribbons himself, preferring a
nile walk, and that uphill if possi-

or five years he has not tasted meat,
he points with pride to the result.
n he left out meat in his daily ré-
he weighed 220 pounds. Three
later he weighed 167½ pounds,
has not varied much from that point
id best of all he claims he has not
a pain or an ache since.

1897 Mr. Drouet became sick, and
an invalid for two years, and his
cian told his wife to prepare for
vorse. He did not die, however,
becoming sensible, he began to treat
elf with common-sense methods.

Mr. Drouet: "I realized that some-
was wrong with my methods of
g, and after thinking the matter
I became convinced that I ought
stain from the use of meat in any

form. I studied dietetics from a scien-
tific standpoint, and became certain that
the trouble lay with myself. I 'cut out'
meat. I also thought my body needed
more exercise, and so I became a lover
of walking."

His diet is simple. Breakfast con-
sists of fruit, preferably oranges, stewed
prunes, stewed figs, boiled wheat and
whole wheat bread. He drinks very
little coffee, is a lover of tea, and drinks
water in large quantities. He eats
soups (vegetable), macaroni and cheese,
and does not fancy potatoes.

"My sense of taste was never as keen
as it is now. I never realized how that
sense was debauched until I quit eating
meat. I never have a pain or an ache,
and never felt better in my life. Peo-
ple do not expect a horse to eat meat,
and yet a horse is expected to do more
work than a man. I feel we should not
eat meat, as it gives us false strength,
and adds flesh to the body which the
vital organs are overtaxed in trying to
supply with vitality."

Mr. Drouet is 52 years old, and an
Englishman, and came to America in
1881 as manager of the now big Metro-
politan Life Insurance Company.

rnhardt treats open wounds by hav-
hem exposed to sunlight and air,
he regards as the very best anti-
treatment, and finds that the heal-

ing process is more rapid and certain
than when orthodoxically dressed. We
have often observed the same.—*Med.*
Educator.



QUESTION.—What physical state is it, which causes milk and eggs to act on the system almost like poison and create severe distress? How can one overcome such a state, or indications? A Subscriber, San Geronimo, California.

ANSWER.—Hyperacidity of the stomach will render both milk and eggs indigestible, and thus cause great distress, in some cases; but as for acting as a poison to the system, we think that rather an extreme statement. Broadly speaking, food taken in excess of the body's requirements is a poison, since the excess of waste acts as a foreign body. Mental conditions frequently cause foods to disagree with those who partake of them, hence the advisability of congenial surroundings and cheerful conversation at meals, if possible. When the distress is due to the cause first mentioned, the system should be gotten into good condition by a fast of moderate duration, and the thorough cleansing of the body, both internally and externally. When food is resumed, it should consist mainly of fruits and cereals (preferably, whole wheat) with a liberal allowance of good green vegetables, when the trouble will undoubtedly disappear. It is true there are some cases in which the system appears to have a rooted antipathy to certain articles of food, but these are rare.

QUESTION.—I would very much like to have your advice, and directions for the cure of an affection of the nose from

which I have been suffering for many years, and for which I have consulted many physicians, without procuring the slightest relief. I am forty-two years of age, abstemious, careful and very regular in my mode of life. In my early years I formed the habit of picking and scratching my nose, so that an almost constant irritation and itchiness of the nostrils is the result. Although for years I have refrained from touching them during waking hours, yet during my sleep I do so so frequently, that my nose has become almost utterly misshapen, and so reddened, that I appear to every one as a victim of alcoholism or something worse. I have applied lotions without number, and have taken every precaution and every specific of which I could get any advice, and worn gloves on my hands during sleep, but all to no avail, for the intolerable itchiness during my sleep makes me remove the gloves and seek relief by more scratching. Kindly, if it is in your power, give advice for relief in this distressing particular to a constant reader of *HEALTH*, who will be ever grateful and appreciative. Yours sincerely, S. J. W

ANSWER.—The matter upon which you ask our advice, is a peculiar one, and the condition is one that calls for and receives our sympathy. At the same time a condition that has lasted for the greater part of forty years is by no means easy to deal with. One of the most common causes for itching of the nose, is the presence of worms, and although the majority of people regard

as an ailment peculiar to childhood, astonishing how largely the condition prevails among adults. There may be growth, or some malformation in the nose, which an examination by a specialist would demonstrate, and possibly a trifling operation remove. The enlarged condition of the nose indicates congestion—an excess of blood in the vessels, which in itself would cause considerable irritation. We should advise an examination by a specialist; second, the thorough cleansing of the body by copious enemias, which will not only remove the worms, if present, but will purify the blood and free it from irritating substances; third, take a hot bath every night, before retiring, draw the blood away from the head, and apply a small rubber bag filled with melted ice over the nose for half an hour before going to sleep. This is the advice we can give you, and our admonition is, avoid all spices and stimulents, or anything tending to inflame. We cannot guarantee the cure will cure you, but we shall be very surprised if it does not.

QUESTION.—I am having considerable trouble with my eyes. There is no special complaint that I can distinguish, but I tire very easily, and I am afraid this is the forerunner of some serious trouble. What would you advise in this condition? Yours respectfully,
Alex. Forbes, Wilkes Barre, Pa.

ANSWER.—It would be a very bad thing, indeed, for the eyes, if they never become tired, but the eyes can stand the same amount of fatigue, just as can all other parts of the body. If their power returns after proper rest, you need have no fear for them. Exercise the power of accommodation freely and

liberally, that is, do not look at either near or distant objects long at one time. An excellent thing to strengthen the eyes, is to plunge the face in a bowl of clear cold water every morning, with the eyes wide open, and to open and close them briskly several times, while thus immersed. This will bring the water in contact with every portion of the conjunctiva, and have an excellent tonic effect.

QUESTION.—I am troubled with the most distressing headaches every few days, and as I am a bookkeeper, and constantly poring over figures, the pain becomes simply unendurable at times, and I am thinking seriously of looking for other employment. Any advice that will relieve me will be gratefully appreciated. John Slocombe, 21 Maple Street, Manchester, N. H.

ANSWER.—There are a variety of causes for headache, such as inflammation in some part of the head, disturbance of the sexual function, etc., but the most frequent cause is a disordered stomach. The headache is generally frontal, if due to the stomach, and is generally confined to the back of the head, if the second cause mentioned, is present, and in that case, the immediate cause must be treated. In the majority of cases, however, a complete cure may be effected by the simple use of hot water. Wash out the large intestine with from three to four quarts of warm water, to remove the intestinal obstruction that is certain to be present. Also make it a practice to drink a glass of hot water, not less than half an hour before breakfast each morning. We have yet to meet with a case of headache that will not yield to this treatment.

BOOK REVIEWS.

GLAD TIDINGS, No. 1. HOW TO OBTAIN HEALTH AND HAPPINESS. By John J. Snyder. Box 427. Chicago. Cloth. Mailed on receipt of eight cents for the postage.

This book is written in a devout strain, and with an evident desire to do good, and if purity of intention can accomplish that result, it should be successful. The author's claim is, that strict obedience to the law of God is the panacea for all physical ills, and we are entirely in accord with him, up to a certain point. Obedience to the law implies temperance in all things, and with this as a fundamental rule, health is assured. He lays great stress upon the fact that obedience to the law induces such a feeling of confidence that disease cannot successfully oppose it—the mental condition being, according to this contention, the principal healing factor. Here, we are again in accord with him, for mind exerts such a potent effect upon the body, that no one engaged in the treatment of disease, can afford to ignore it. The book is written with a lofty purpose, and should accomplish much good.

THE PSYCHIC TREATMENT OF NERVOUS DISORDERS. The Psychoneuroses and their Moral Treatment. By Dr. Paul Dubois, Professor of Neuropathology at the University of Berne. Translated and Edited by Smith Ely Jelliffe, M.D., Ph.D., Instructor in Materia Medica and Therapeutics, Columbia University, New York, and William A. White, M.D., Superin-

tendent Government Hospital for the Insane, Washington, D.C. Illustrated. 8vo, cloth, 471 pages. Price, \$3.00, net. Funk & Wagnalls Company. Publishers. New York and London.

The appearance of this book is most opportune, and it is certain that no better field or occasion could be selected for its presentation than this country, at the present time. In no country is there a greater amount or variety of nervous troubles than in America, the result, partly of social, partly of climatic conditions. In this work we have the concrete experiences of a competent authority, who has not only thoroughly studied this particular class of disorders, but has successfully treated them for twenty years. The author is not only a psychologist of note, but a physician as well, who has successfully demonstrated the correctness of his theories in his practice.

There is little doubt that the author goes to the very root of the trouble (in a large proportion of diseased conditions), by recognizing that derangement of nerve control is the prime factor in these cases. The inter-dependence of the nerves and the emotions, points conclusively, therefore, to the absolute necessity for correct mental adjustment before any permanent good can be achieved. This is especially exemplified in the chapters devoted to intestinal troubles and their treatment, notably in emotional diarrhoea. The author points out that all stomach and intestinal function is automatic, and that as soon as the individual becomes conscious of it, he in-

voluntarily interferes with nature: hence, the rational course is to get the patient's mind off the particular function, when nature will speedily reassert itself. It is a most admirable book, full of valuable information, written in a charmingly consistent manner, and delightfully free from technicalities. The book will prove a most valuable addition to the literature on the subject, and unlike most works of like character, it appeals to the layman as well as to the physician. It should command an extensive sale, and will undoubtedly do so.

HELPS AND HINTS ON NURSING. By J. Quintin Griffith, M.D., Ph.D. 480 pages. Handsomely bound in cloth, with gold title on side and back. Price, \$1.50 net. Postage, 15 cents. Published by the John C. Winston Co., Philadelphia, Chicago and Toronto.

This is one of the most practical and useful books in this line that we have yet encountered. Its usefulness is by no means confined to the nursing fraternity, for it contains a wealth of information, invaluable in the household. With this work at hand any intelligent member of a family will be able to treat an emergency case, pending the arrival of a physician, besides treating minor cases without medical aid. No nurse should be without it, for the information contained in it should be in the head of every competent nurse, but unfortunately, is not. It is written in simple, everyday language, concisely, and to the point. No stilted language, or unnecessary multiplication of words. It is un-

mistakably a work of great practical value, and if success depended exclusively on merit, it should achieve a triumph.

THE MASTER METHOD OF PHYSICAL CULTURE. By W. J. Johnson, Jr., New York State University. Edited and published by Prof. Anthony Barker, 1164 Broadway, New York. 40 illustrations. Price, \$1.00.

This book mainly deals with the experience of the author and his friend, W. J. Sloan, given in narrative form, and describing their progress from sickness to health by means of physical exercise and diet, judiciously applied. Of the value of rational physical culture, either in sickness or health, few intelligent people entertain any doubt, and the recital of these experiences will prove highly interesting to those in search of similar results. While the motif of the work is as stated above, it contains other valuable and interesting matter. For instance, there are chapters devoted to valuable advice on eating, drinking, and sleeping, with others on the harmful effects of the use of intoxicating liquors and tobacco, and although no new and startling views are expressed on these matters, they are treated in a readable manner. A unique feature in the work is the fact that the volume is solely the work of Prof. Barker's pupils, from the writing of the manuscript to the printing, a fact that must be particularly gratifying to the professor. We commend the book to our readers.

POST-NUBIAL OUTRAGES.

BY JAMES M. GASSAWAY, M.D.

Professor Hygiene Marion-Sims-Beaumont Medical College, St. Louis, Mo.

If it is the province of hygiene to cure the many superstitions of the laity, in too many instances shared by the profession, as, for instance, that an egg is equivalent in nutritive value to a pound of meat; that the various mysteries sold in the drug stores as "beef extracts" are sufficient by the teaspoonful to sustain a famished invalid or convalescent for twenty-four hours, more or less, and that milk is the one grand, important, absolute and universal food for every breathing thing; if hygiene could only restrict itself to such things, it would occupy us to the very full while the world shall last, but there are many other errors almost as widespread and more fatal in their consequences. It is almost incomprehensible to the thoughtful physician why the atrocious vice of wedding tours has not been utterly stamped out. No matter how robust, how tenacious of life, how full of energy, how many times the four hundred years, which the good Dr. Holmes insists should be the time of preparation for the new-born infant; no matter what adjuncts to ease, of wealth, of education, of refinement, not one of them can stand safely the dreadful physical and mental exactions of the prolonged and, too often, deleterious excitement of the engaged.

The constant strain to keep up that somewhat unnatural "front" which has attracted and which continues to at-

tract the betrothed, together with the six months' siege, more or less, of the most laborious exertion in the preparation of trousseau, the exactions, impositions and fatigues of the dress-maker, the same to a lesser degree of the milliner, and to crown all, the dreadful hurry and vigils which attend the few weeks immediately preceding the ceremony.

With the groom it is scarcely less exacting. Whether in business or whether of leisure and, like all the strictly leisure class, driven by the lash of necessity for amusement, his attention divided, his entire habit of life, so far as it is then formed, completely subverted, his hurried and frequently frenzied attempts to regulate his business affairs in order that he may have nothing on his hands to interfere; these combined produce a condition of the system, both mental and physical, of both the high contracting parties, which peculiarly and positively unfit them for the dreadful exactions of a honeymoon trip.

Immediately upon the conclusion of the ceremony the youthful couple proceed with the utmost dispatch to the train and then begins the most tiresome episode which human beings with all the varied ills of life are subjected to. To the sensitive, modest young woman, the mental disquiet of appearing to the world in the not-to-be-concealed rôle of bride, is in itself

nt, but this must be supplemented by the discomforts of that tean travesty, the modern, over-decorated sleeping car. Over-studied indifference of the needs no mention here, as this is intended as a humorous sketch. g, not at their destination, for proper destination will probably be a sanitarium, but at the city which they have chosen to honor with their visit, they begin a life burdened from the very strangeness of the surroundings, of the furniture, of the surroundings, and the unfamiliar and too indigestible, if not absolutely inedible, menu. This, however, does not suffice with the great majority of the guests. Hardly have they swallowed their breakfast before they are off on a tour of seeing and visiting every celebrity within twenty miles of the city, often in inclement weather, and often in the reaction brought on by the months of strenuous exertion which have preceded the trip. It is not sufficient that they should drag themselves from post to post, ostensibly enjoying these various views and landscapes in each other's company, while as Lord Allcash says in *Diavolo*, "each longs for his or her nap all the day," well-meaning, devoted friends who have been awaiting their arrival, visit the newly-arrived couple at their hotel in the morning and evening. Thus at the

very critical time of a woman's life when above all she needs the quiet seclusion and comfort of the home which she has been accustomed to since her girlhood, she is exposed to a series of laborious mental and physical efforts which might well break down the strongest and most robust man. Is it any wonder that the wedding trip is the first and most powerful factor in the wretched health for many years of young American matrons?

No mention is made here of the absurd vulgarities of the would-be witty, soi-disant friends of the couple who signalize themselves by throwing old shoes and rice, or in a spirit of gummy pleasantry paste or tie various labels and ribbons to their luggage. These things are better left to the strong arm of the law, which, it is gratifying to note, has been thrice exercised within the last month in one of our largest Eastern cities. Let us pray that we may follow in its footsteps.

—*Medical Brief*, June, 1905.

Note.—Although we are not in the habit of reprinting articles from other publications, we feel justified in departing from our rule for once. The foregoing contribution on a subject of moment, is so entirely in consonance with our views, and so pertinent to the question, that we gladly reproduce it, together with our compliments to the writer and the *Medical Brief*, from which it was taken.—ED.

as at present used, is often the cause of a vast amount of ignorance; it is the cause of a hideous waste of time and money; it produces mental and physical obliquities, destroys health and

shortens life, and generally fails to fulfil its proper use. Health may be defined as a satisfactory condition of nutrition, strength, and power of endurance. *Alexander Heig, M.D.*

CORRESPONDENCE.

LOS ANGELES, CAL., June 10, 1905.

Editor HEALTH:

DEAR SIR: I have been an interested reader of the articles by Mr. James Montgomery, entitled "How Shall we Order the Child?"

The subject has been a hobby of mine for the past twenty-five years. I lost my American mother when I was less than two years of age. My English father was a strict disciplinarian, and his second wife, a Canadian, who became my stepmother five years later, agreed with his notions on that subject most emphatically. They were both child-beaters from the word go, being, like Mr. Montgomery, people of deep-seated orthodox convictions.

I attended the public schools of Chicago before an outraged popular uprising put a stop to the chastising of pupils in them, so that both at home and abroad I became somewhat competent to judge of the whip and its effects, from an ex-

tended experience with it at "the business end."

Only the other day I read of little George Walker, of New Britain, Conn., aged 15, who wandered off into the woods near his home and committed suicide, preferring death to the whipping his fond father had promised him was to be one "he would never forget."

Since arriving at maturity I have become a member of several humane societies for the purpose of viewing the subject with more experienced eyes from the other end of the whip as it were.

I have satisfied myself, from observation, that no child should be punished by chastisement after it has reached the age of from five to seven, according to the nature of the child, and that the mother, or other female in charge, should alone do the punishing, resorting to spanking the sensitive flesh only after other means have failed to effect cheerful obedience. C. GORDON BUCK,
1130 W. 29th St.

New York's wealthy women are to have a club-house all of their own, and such a delightful club-house it will be. Nothing else so exquisite can be found in all the world. It will be situated on Madison avenue. There will be swimming pools and baths, Turkish, Russian, electric, mud, needle and douche, all splendidly constructed, equipped and in the care of the most skilled attendants. No man's club provides for the intellectual side so largely as will this colony. There will be no bar, billiard, pool or smoking room.

Dr. J. W. Perrilli of Brooklyn, N. Y., was fined \$75 for giving a certificate of death in the case of a child, five years old, that he had never seen. He admitted that the charge was true but that the practice was common. The magistrate in fining him said, "The law was framed to prevent unprincipled men from doing just what you have done. Suppose the child had been murdered. Your act would have helped to cover up a crime." The child had been attended by an unlicensed physician and Dr. Perrilli said he had received one dollar for signing the certificate.—*Iowa Health Bulletin*.

The best of us talk too much. "The essence of power is reserve," said a man who knew.

Many a reputation has been built on silence. Many a one is spoiled through rushing prematurely and volubly into speech.

It is safe to be silent when your words would wound. "Faithful are the wounds of a friend," says the old proverb, but one wants to be mighty sure one's friend needs the wounding and that we are qualified to administer it.

Keep still when your words will discourage. It is infinitely better to be

dumb forever than to make one fellow-being less able to cope with life.

Keep still when your words will incite to anger or discomfort. An incredible amount of breath is used in the evil practice of trying to make our friends dislike their friends.

Never speak when what you have to say is merely for the purpose of exalting yourself.

Shut your lips with a key when you are inspired to babble incontinently of yourself—your ailments, accomplishments, relations, loves, hatreds, hopes and desires. It is only to the choice, rare friend that one may speak of these things without becoming a fool.

Discussing a recent article by Mrs. Hugh Bell entitled, "The Dietetics of Conversation," the London *Lancet* says:

"Nowadays the talk about complaints is openly indulged in at the dinner table by members of opposite sexes, and in our opinion it is due in great part to that emancipation from which women have been crying out for so long and which now they have undoubtedly gained. Not only have we heard appendicitis discussed at the dinner table, but even intimate gynecological complaints. It is true that London society is not yet so advanced as is fashionable society in Paris, for the records of a recent trial

have shown that there an occasional entertainment is a biograph representation of the hostess or one of her friends undergoing an abdominal section. But it is too true that refinement and that old-fashioned virtue known as reserve have markedly decreased of late years. The arcana of feminine dress are exposed to all and sundry in every shop window, to say nothing of the advertisements in fashion papers, and although there is nothing immoral in underclothing or in conversation about appendicitis, we cordially agree with Mrs. Hugh Bell that such matters are not fitting for ordinary social conversation."

Also delightful for the sick is egg cream. Beat the white of an egg to a stiff froth; beat into it a level teaspoonful of sugar and the yolk of the egg, and while still beating steadily, pour slowly into it half a teacupful of boiling milk. Flavor with a little nutmeg if liked.

A typical South African household, described by Olive Schreiner, had an English father, a half Dutch mother with a French name, a Scotch governess, a Zulu cook, a Hottentot housemaid and a Kaffir stable boy, while the little girl who waited at table was a Basuto.

PUBLISHER'S DEPARTMENT.

"HEALTH CHAT."

BY THE MANAGER.

I want to talk to my readers this month on the subject of success. It is not my plan to dwell upon it at length, for you all have read a great deal about the successful man—what he accomplishes, etc. Success can be achieved in many ways. I want to tell you how you can be successful financially.

To those who read this who have sent for a copy of my book, "The Manager's Invitation," they know what I mean.

When I became associated with the Health Pub. Co. as their Manager and Secretary, I conceived the idea that this great publishing house should have at least 1,000 share-holders all over the United States. I believe that it would perpetuate the business long after the present management had passed beyond. I felt that if I could bring this about and in some way establish a thousand different share-holders throughout the country, they would be the greatest help to the business of anything I know. That is the reason that, sixty days ago, I prepared a book, entitled, "The Manager's Invitation," which has been sent out to a few subscribers; and the response has been more than satisfactory. If you have not received a copy of this book, you can do so by writing me personally. It gives you the fifty years' history of this publication, and tells you a lot of interesting facts about the publishing business and the profits derived from it. This book also informs you of my plans for the future. It tells you why I believe the readers should have an opportunity to be share-holders with me.

Success is the hope of everyone. It is the goal which everyone strives for, and yet it is entirely within everyone's grasp. Money is King. It rules the earth, makes all things possible, creates happiness and lessens sorrow.

Small amounts, properly invested, will bring large returns. The foundations of all the great fortunes were laid by a small investment.

Shares in the Health Pub. Co. are good securities for your money. I know it to be so. The opportunity to invest in these securities will not be open but a very few months longer, perhaps weeks, for the present allotment has nearly been taken up.

I might mention some great opportunities for investment, where, by putting up \$100, you could have made thousands. A hundred dollars in the Larkin Soap Co. a few years ago would have made you a hundred thousand dollars. A hundred dollars in the Bell telephone, when first offered, would have netted you two hundred thousand dollars.

The people who went into these enterprises risked a little money and they won. You will certainly not win unless you risk.

Put a few dollars into the Health Pub. Co. and I believe it will give you a steady income. Don't put this announcement aside, unless you have sent for my plan, which is embodied in my book, "The Manager's Invitation." It doesn't cost you anything to read the book, and you are under no obligation to me for reading it.

Write to-day.

RICHARD PALMER.

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HYGIENE IN LAUGHTER



Church: That new doctor down the block is the limit.

Flatbush: What did he do?

"Why, I called on him to see if I could borrow his lawn-mower, and he charged me \$1 for a call."—*Yonkers Statesman*.

"Terence, what is the doctor's diagnosis of your case?"

"He hasn't told me yit, but I'm bettin' it'll be ivry cint av tin dollars."—*Chicago Tribune*.

She: He's got one leg in the grave.

He: And the doctor is pulling the other one.

Ding: Yes, it was like going from the frying-pan into the fire. You know Dr. Hicharge cured my chronic rheumatism.

Dong: Well, then, what's the matter?

Ding: I was paralyzed by the bill.

City Boarder: Do you Pastuerize your milk?

Farmer Corntassel: Well, I reckon so. All the cows run in that pasture yonder.

Much learned consideration has been adduced to show from the internal evidence of Shakespeare's plays that he was a lawyer, a physician, and several other things. We have not, however, noticed

in the quotations given in support of his medical training that any one has adduced the following from "The Taming of the Shrew" (Act iv, Scene 4):

"My master hath appointed me to go to St. Luke's, to bid the priest be ready to come, against you come with your appendix."

It would seem that the prognosis of operation for appendicular inflammation was very grave in those days.—*New York Medical Journal*.

"Gentlemen," remarked Jones to the seconds of a man whom he had unintentionally offended, and who had called to make arrangements for the duel, "I will fight your principal with swords, pistol, or any other weapon he may select; but I must insist on one condition—on no account must a drop of blood be shed. I have just joined the anti-vivisection society."—*Judge*.

"No," said the young doctor, anxious to impress his patient; "this is not chills and fever. It is a rigor followed by febrile symptoms, and requires very delicate treatment."

"Then I'll have to get another doctor. You are too young," said the patient.

Featherstone: I have just made the mistake of my life.

Ringway: How so?

Featherstone: I was foolish enough to call on my doctor in a silk hat, and he charged me double rates.

HEALTH:

A HOME MAGAZINE

DEVOTED TO PHYSICAL CULTURE AND HYGIENE

VOLUME LV

JANUARY, 1905

No. 1

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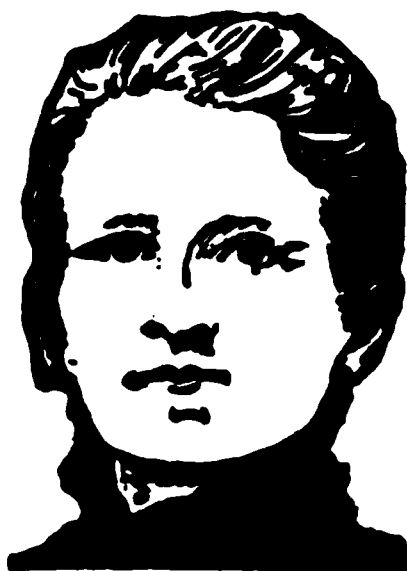
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THE GRUMIAUX NEWS AND SUBSCRIPTION CO.
LE ROY, N. Y.

HEALTH:

A HOME MAGAZINE

DEVOTED TO PHYSICAL CULTURE AND HYGIENE

VOLUME 55

DECEMBER, 1905

No. 12

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A Monthly Publication issued by THE HEALTH PUBLISHING Co.,
321 Fifth Avenue, New York.

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Subscription price, \$1.00 a year, with foreign postage, \$1.50. Send us one dollar, and we will send you the magazine for one year. We pay for original articles, stories and photographs suitable for publication in this magazine. Return postage must accompany every manuscript.

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IF YOU WANT TO KNOW ASK "THE AUTHORITY."

AN IMPORTANT NOTICE TO OUR SUBSCRIBERS

WE have always been proud of the number of personal letters we receive from our subscribers, and, as our correspondents know, we have tried to answer them promptly in the columns of **HEALTH**.

Owing to the fact that parts of the magazine have to be placed in the printer's hands thirty days in advance of publication, it sometimes happens that a correspondent who writes to us in June does not see his reply in print until August. This delay—while hitherto unavoidable—has been recognized as a defect, and as it is our constant desire to make **HEALTH** actively useful to our subscribers, we have decided to organize a special Department, whose sole function it will be to answer the questions of our subscribers—not in print, in the columns of the magazine, but in a personal letter to you—not two months hence, but the same day your letter is received here.

There are only two conditions attached to this service. They are: You must be a subscriber to **HEALTH**, and you must enclose a two-cent stamp in your letter.

At the head of this "Department of Public Service" we have placed a man of wide experience and ability who will be known simply as "THE AUTHORITY." He does not lay claim to universal knowledge or to preternatural wisdom. He will never be ashamed to say "I don't know;" but be sure you will never receive that reply if the solution of your question is within the scope of human endeavor.

"THE AUTHORITY" will decline to solve mathematical problems, tell fortunes or decide bets, but if you wish to go to California or to Bermuda this winter and wish to know the best routes; if you desire to visit New York and want to know the whereabouts of hotels or boarding houses; if you want to build a punching-bag platform, or a chest weight machine, and don't know how; if you want advice about the care of your health, the choice of a gun, a camera, a tent, a fishing rod, an automobile, a tennis racquet or an instructor for a course of Physical Culture—in short, if you need useful and reliable advice or information on any reasonable subject, write a letter to "THE AUTHORITY," care of **HEALTH**, 321 Fifth avenue, New York, enclosing a two-cent stamp, and you will receive, promptly, a personal letter, typewritten, answering all your questions.

If you are not a subscriber and you desire the services of "THE AUTHORITY," you can enclose your subscription in your letter.

Since this department was instituted, some months ago, "THE AUTHORITY" has had the pleasure of a very wide correspondence with the readers of **HEALTH**. The scope of the questions asked him has been as wide as the sky—for they have varied from coal mining to the prospects of color-photography—and he is glad to say that he has been able to resolve most of the problems propounded. As far as it has been humanly possible to do so, all letters have been answered promptly. Those who have failed to receive replies must arrange themselves into three classes—they are not subscribers to **HEALTH**, they have omitted to inclose postage for the reply they desire, or the question they have asked is one necessitating enquiry and outside correspondence, with its consequent delay.

It should be clearly understood that this department is conducted *solely* for the benefit of subscribers to **HEALTH**. Others desiring the services of "THE AUTHORITY" must first become subscribers. The rule concerning the enclosure of a postage stamp for the reply is also one that should be observed.

"THE AUTHORITY" regrets to find that so many people ask purely medical questions—of a nature, too, that have been answered time and again in **HEALTH**. We do not desire to make "THE AUTHORITY'S" department a mere "Doctor's Column." Its scope and intention is for a much wider utility.

One of the chief purposes of "THE AUTHORITY'S" department is to enable our readers to obtain answers to the questions that are raised in their minds by articles appearing in the Magazine, and we are glad to see that so many are availing themselves of this opportunity.

Remember, "THE AUTHORITY" is here to answer—by a personal letter written directly to you—every reasonable question that may be asked of him. This is a "Department of Public Service" with but two conditions attached to it—you must be a subscriber to **HEALTH** and you must enclose a two-cent stamp in letter.

If you want to buy anything, anywhere, "THE AUTHORITY" can probably buy it for you and save you money. If you have anything to sell he can probably find you a buyer.

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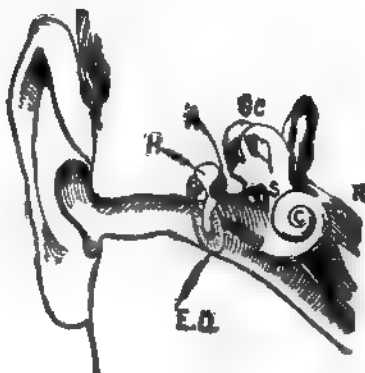
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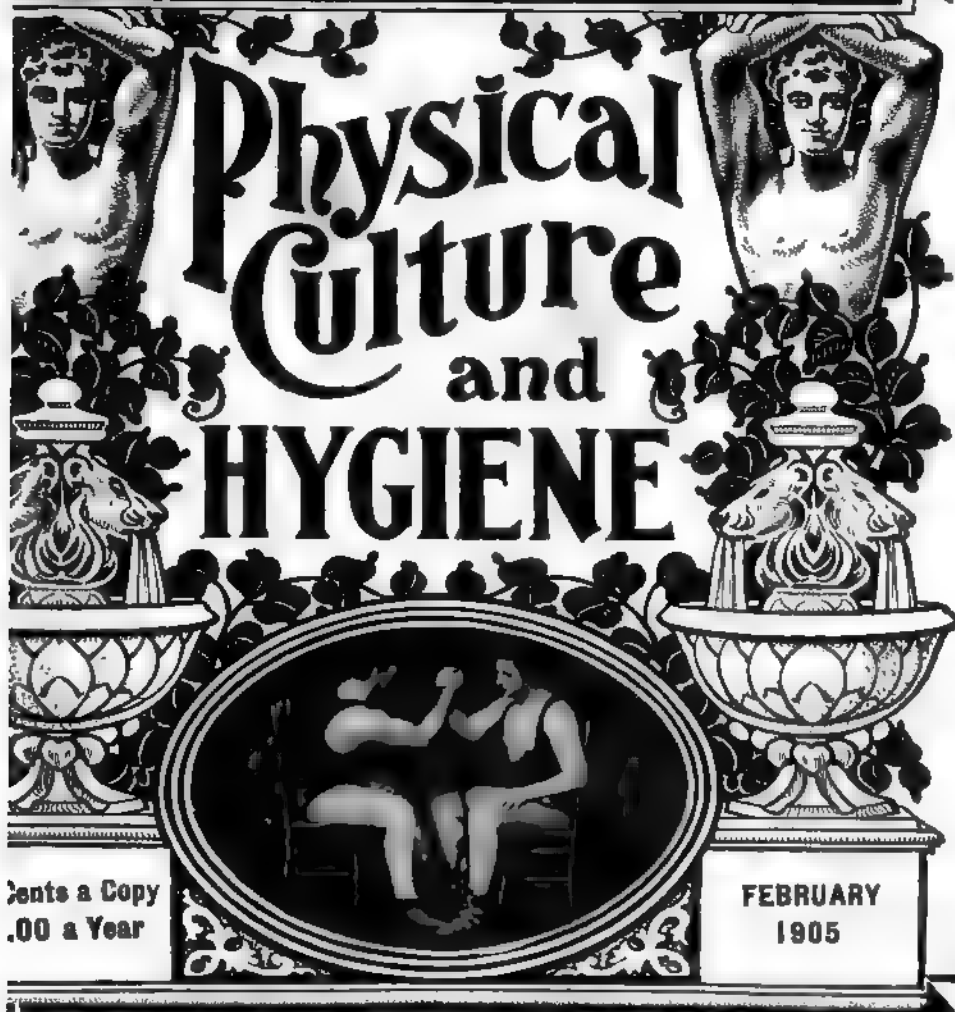
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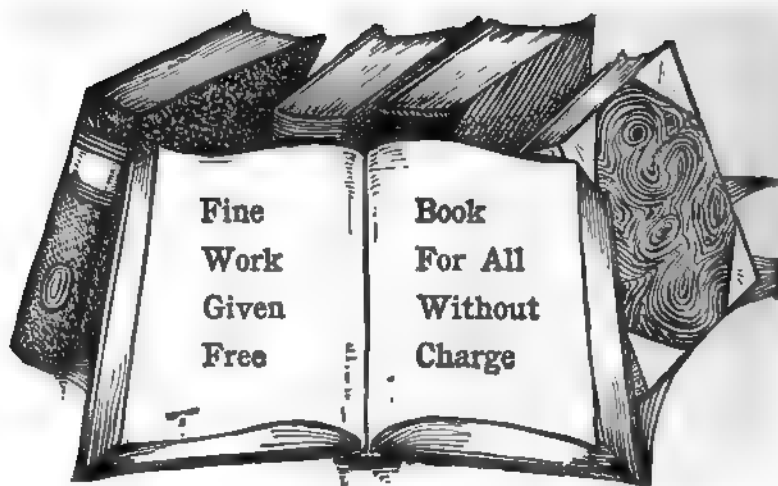
HEALTH



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THE EFFECT OF FEAR, By Anna M. Pennock Bird
THE CARE OF THE TEETH, By C. Gilbert Percival, M. D.
FOOD THAT BUILDS THE BODY, By Mabel Cliford, D. L. S.
THE TRANSFORMATION OF MISS LEGION, By Wm. S. Birge, M. D.
INSANITY, By G. H. Corsan

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NAME

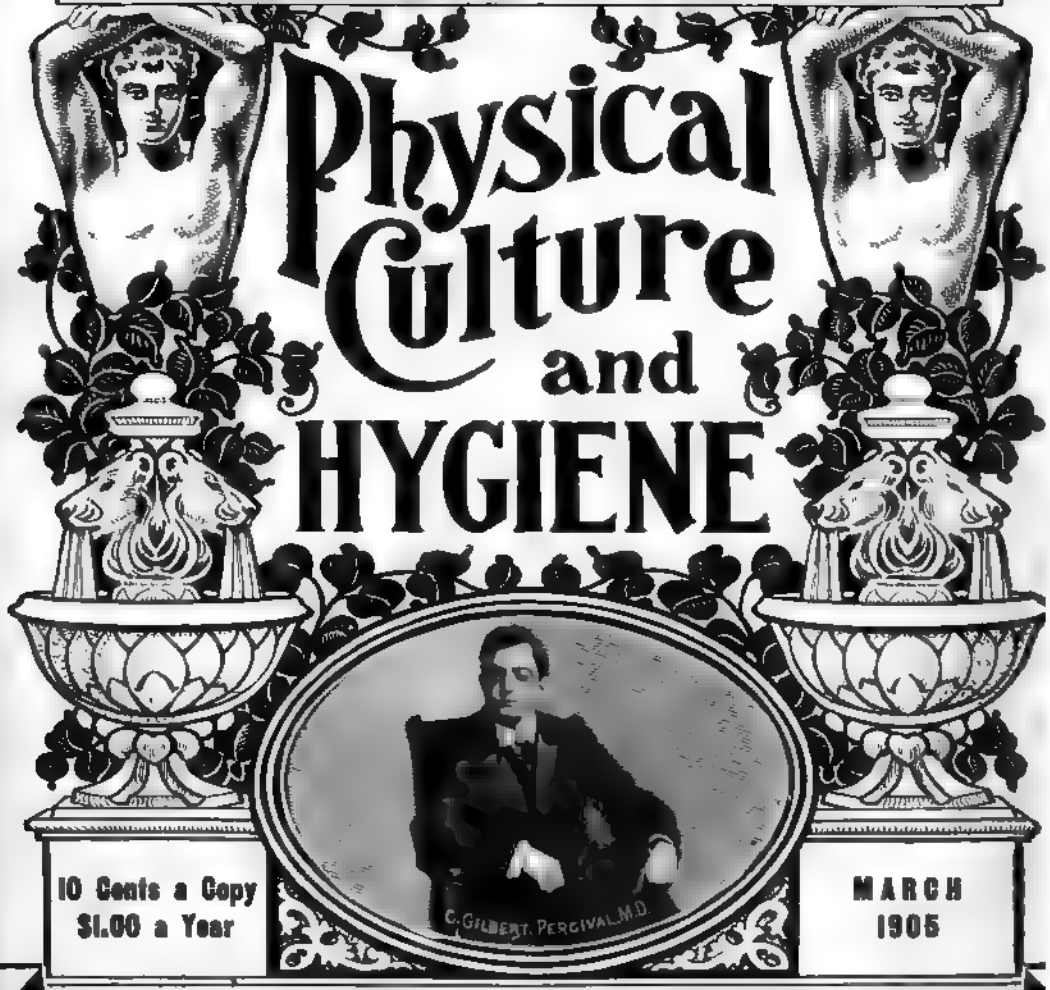
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May, Volume LV

Number 3

HEALTH



Physical Culture and HYGIENE

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MARCH
1905

SPECIAL ARTICLES IN THIS ISSUE:

- THE PLAY OF IT, By Helen Campbell
- THE SANCTITY OF PLEASURE, By Austin Bierbower
- SOME FOOD FACTS, By A. P. Reed, M. D.
- HOW SHALL WE ORDER THE CHILD, By James Duncan
- UNWHOLESOME FOODS CAUSE CONSUMPTION, By C. Gilbert Percival, M. D.

HEALTH PUBLISHING COMPANY, 1562 Broadway, New York

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Every Reader of Health Take Notice

Lyman C. Bailey,
Bailey's Unified Shorthand,
Block 74, Liberal Arts Building,
World's Fair, St. Louis.

St. Louis, Mo., Nov. 26, 1904.
THE IDEAL COMPANY,
239 Broadway, N. Y.

Gentlemen:

It is hard to find an Exhibitor at the World's Fair who has not, during the past eight months, dug out from its educational features at least one gem that has and will continue to contribute greatness to his happiness and worldly success. The subjects are as varied as the tastes and requirements of the searcher, but the exhaustive tests and the eminently satisfactory results are always the same.

As an Exhibitor who has been conducting a series of such tests, I take the liberty to say to you that of all the benefits derived from my World's Fair Education the restoration of my natural sight, after repeated tests, by your Ideal Sight Restorer, to as good a condition as it was twenty odd years ago, is positively the most marvelous, the greatest and most lasting. For more than twelve years I have been consulting Eye Specialists and purchasing optical formulas until in September, 1904, I found myself with an accumulation of a dozen pair of "outgrown" glasses, and eyes so weak that I feared total loss of sight. Glaucoma was the word used by some to describe my malady, while others used the words Compound Astigmatism and Cataract.

I, with several other Exhibitors, accepted treatment of your representative at your booth, Block Eleven, Liberal Arts Building, for about two weeks. My treatments were irregular at first, as I felt that, while I am an enthusiastic supporter of the principles of Physical Culture, its direct application to my own weak, sensitive eyes seemed too much like risking the last vestige of vision for a principle. The good results were so marked,

however, that I soon secured a pair of your Ideal Sight Restorers, and, after about a week's faithful self-treatment, was able to see without glasses better than I had seen for many years with them. I suffered no headache or other inconvenience usual to those dependent on glasses who suddenly discontinue their use. I have not needed nor worn glasses since. I experienced a sense of freedom hard to describe when after having been restrained within the concentrated focus of the most scientific lenses, day and evening for twelve years, to be able to roll my eyes rapidly about and see accurately at any angle objects at a distance, and, closing them quickly, retain the image or picture a satisfactory length of time. Later I was startled to observe that the range of vision had extended from a few feet directly in front to hundreds of feet in the three directions in which the eye can move without turning the head, and still later I realized that my sight was as good as in my boyhood days, when I could see objects at a much greater distance than my playmates.

With the return of perfect sight came the confidence, alertness and courage of youth, while the forebodings, falterings and doubt incident to rapidly failing sight were as quickly dispelled, and now at the age of 47, I see the greatest of World's Fairs through eyes of but seventeen.

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The above is for your own information and encouragement, but should you desire to publish it, you have my consent to do so.

Respectfully,

LYMAN C. BAILEY.

STATE OF MISSOURI) ss.
City of St. Louis



Subscribed and sworn to before me, a Notary Public, within and for the City and State aforesaid, this 29th day of November, 1904.

ANDREW H. WATSON,

Notary Public, City of St. Louis, Mo.

My Commission Expires August 8th, 1906

STATE OF MISSOURI) ss.
City of St. Louis



I, William H. Hauschulte, Clerk of the Circuit Court, City of St. Louis, the same being a Court of Record, in and for said City and State, do hereby certify that Andrew H. Watson, who subscribed the foregoing Certificate of Juror was at the time of taking such affidavit a Notary Public, residing in said City and duly authorized to take and certify the same by the laws of said State, and to take and certify the acknowledgment and proof of deeds, to be recorded in the State, and that the same is taken and certified in all respects as required by the laws of said State. That I am well acquainted with the handwriting of said Andrew H. Watson, and verily believe that the signature attached to the foregoing Certificate is the genuine signature of said Andrew H. Watson.

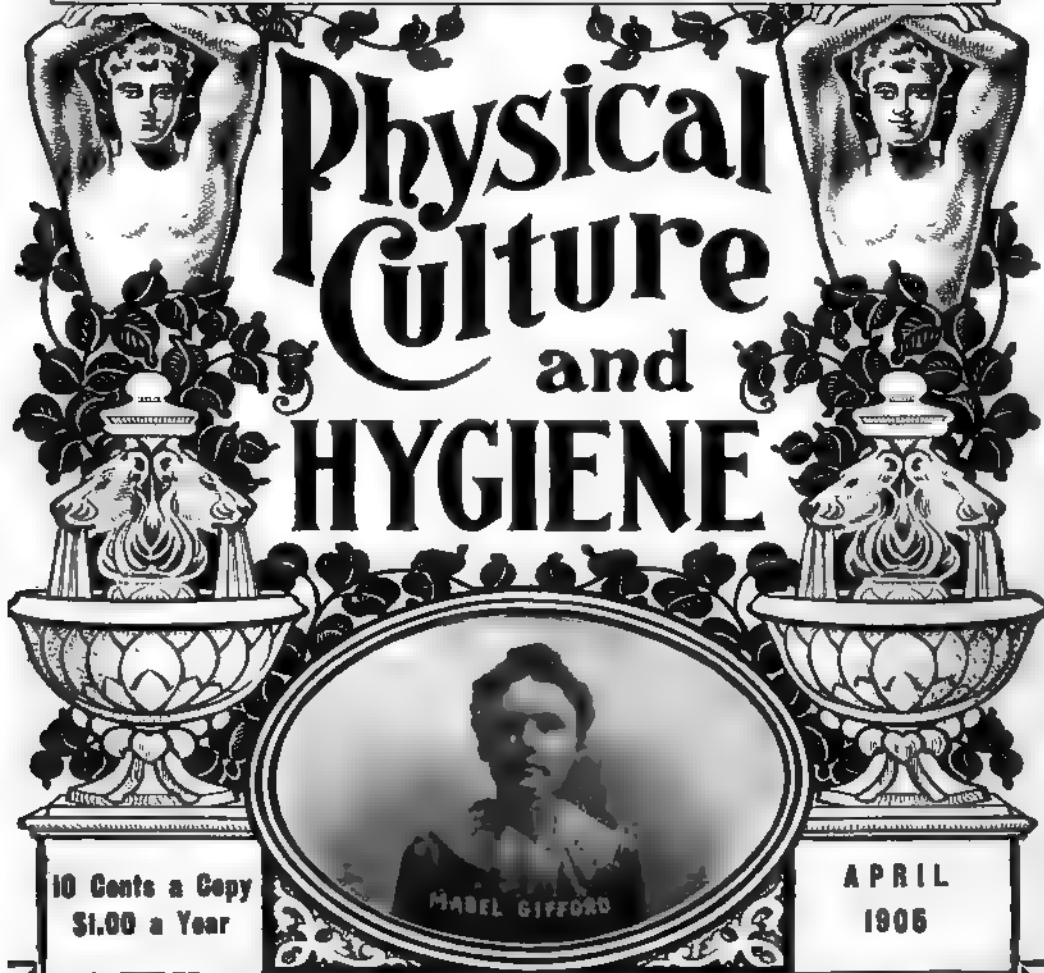
WITNESS my hand and seal of the Circuit Court, City of St. Louis, at my office in said City, this 29th day of November, 1904.
WM. H. HAUSCHULTE, Clerk Circuit Court.

IN ANSWERING THIS ADVERTISEMENT, IT IS DESIRABLE THAT YOU MENTION "HEALTH."

Volume LV MAR 1906

Number 4

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THE ADVANTAGES OF THE VEGETARIAN DIET, By Otto Carque
NERVOUS MEN, By G. H. Coraan
CONSTIPATION, By A. P. Reed, M. D.

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CLEANLINESS ON THE FARM, By Mrs. Walter R. Blake.
CONSTIPATION, THE ROOT OF ALL EVIL, By G. H. Corsan.
WHAT SHALL WE DO WITH LIFE? By D. B. Potter.
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Care of Germania Savings Bank, Brooklyn, N. Y.

Dear Madam:

Your affidavit which appears on page 82 of the ninth edition of our short treatise has naturally attracted considerable attention, for, although similar cures by the Restorer are numerous, few of our customers show their gratitude in such a tangible manner as you have done. Although a year has elapsed since your affidavit was made, still we are in receipt of many letters asking if the results in your case have been permanent. You would, therefore, confer a great favor on us if you would kindly state explicitly the present condition of your vision.

Regretting that we are putting you to this further test of your gratitude and friendship, we beg leave to remain,

Very respectfully yours,

THE IDEAL COMPANY.

486 East 28th Street, Brooklyn, N. Y.

February 18th, 1905.

THE IDEAL COMPANY,

239 Broadway, New York City.

Gentlemen:

Your inquiry of the 16th I can answer with pleasure. To all inquirers I have stated that only those who have known me for years can appreciate what THE IDEAL SIGHT RESTORER has accomplished in my case. As I previously wrote you my headaches have never returned. I have not required glasses of any sort since I laid them aside permanently in June, 1904. I can read, write and sew, by day or night, doing the finest work with ease. I have faithfully used the Restorer every morning and every evening since I began, and intend always to do so. It gives me a delightful sensation of refreshment every time I use it. As it has restored to me my sight, its daily use will certainly maintain it.

The value of the Restorer to me is measured by the value of absolutely perfect sight. Priceless.

Yours very truly,

MRS. JOSEF C. M. LORENZ.

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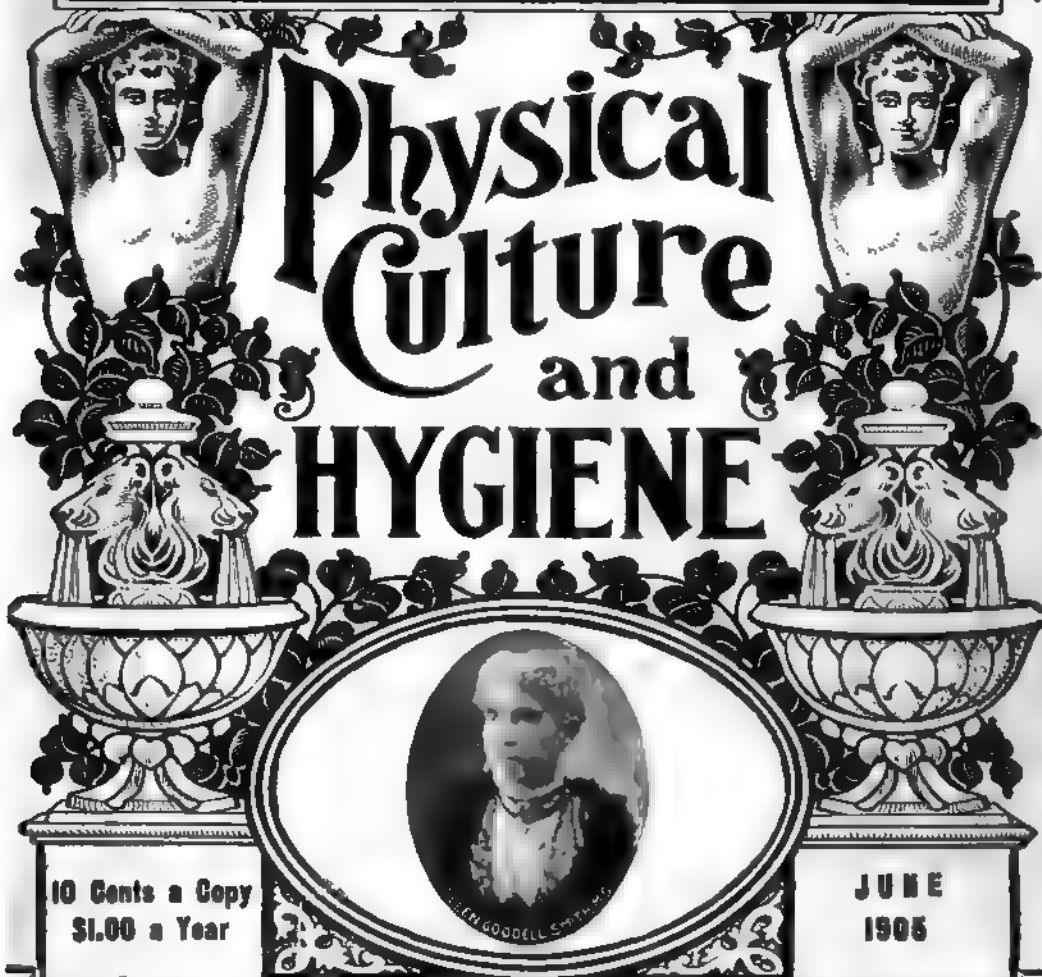
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JUNE
1906

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RECOLLECTIONS OF A PIONEER REFORMER, By Ellen Goodell Smith, M. D.
NEARLY HALF A MAN'S WAGES GOES FOR FOOD, By C. Gilbert Percival, M. D.
DIPHTHERIA, By G. H. Corsan.
PERSONAL BEAUTY, By Wm. S. Birge, M. D.
OUR MEDICAL LAWS, By Hugh Mann.

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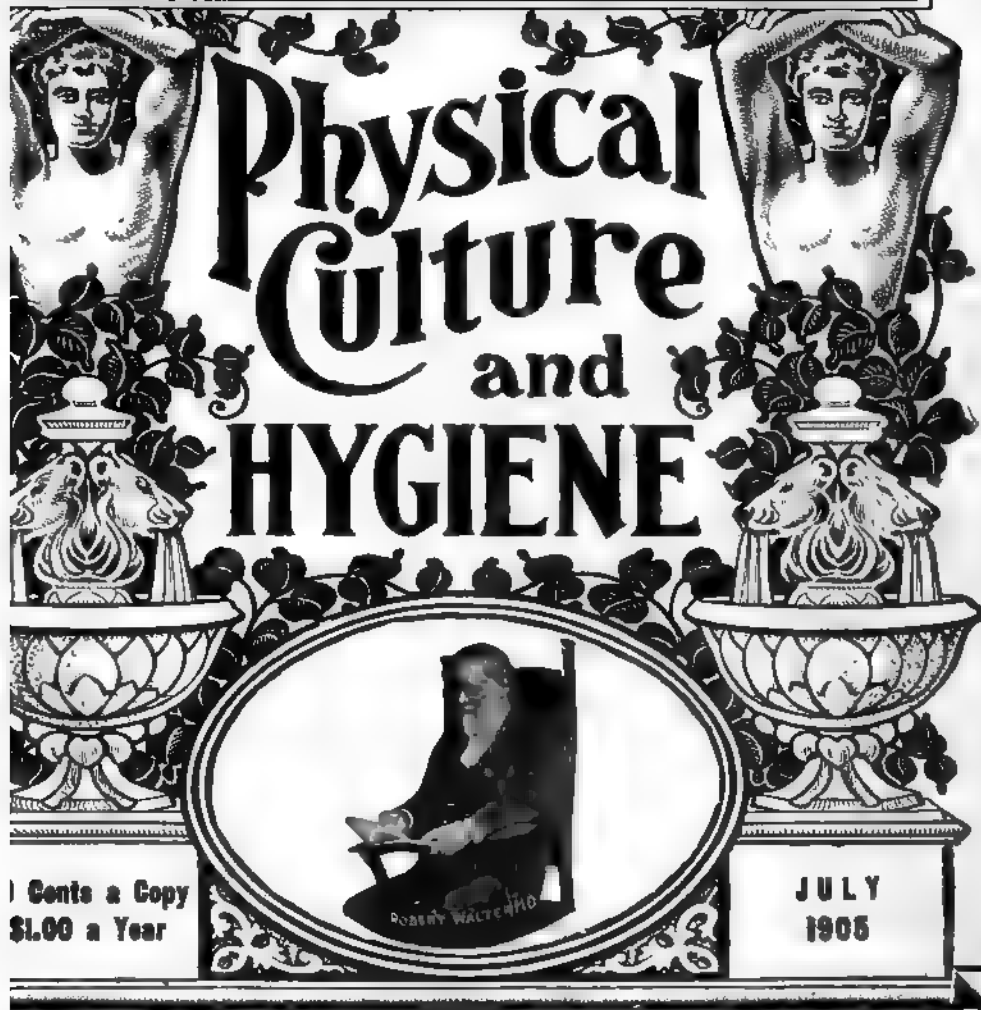
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- INFANT MORTALITY,** By G. H. Corsan.

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Care of Germania Savings Bank, Brooklyn, N. Y.

Dear Madam:

Your affidavit which appears on page 82 of the ninth edition of our short treatise has naturally attracted considerable attention, for, although similar cures by the Restorer are numerous, few of our customers show their gratitude in such a tangible manner as you have done. Although a year has elapsed since your affidavit was made, still we are in receipt of many letters asking if the results in your case have been permanent. You would, therefore, confer a great favor on us if you would kindly state explicitly the present condition of your vision.

Regretting that we are putting you to this further test of your gratitude and friendship, we beg leave to remain,

Very respectfully yours,

THE IDEAL COMPANY.

486 East 28th Street, Brooklyn, N. Y.

February 18th, 1905.

THE IDEAL COMPANY,

239 Broadway, New York City.

Gentlemen:

Your inquiry of the 16th I can answer with pleasure. To all inquirers I have stated that only those who have known me for years can appreciate what THE IDEAL SIGHT RESTORER has accomplished in my case. As I previously wrote you my headaches have never returned. I have not required glasses of any sort since I laid them aside permanently in June, 1904. I can read, write and sew, by day or night, doing the finest work with ease. I have faithfully used the Restorer every morning and every evening since I began, and intend always to do so. It gives me a delightful sensation of refreshment every time I use it. As it has restored to me my sight, its daily use will certainly maintain it.

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Yours very truly,

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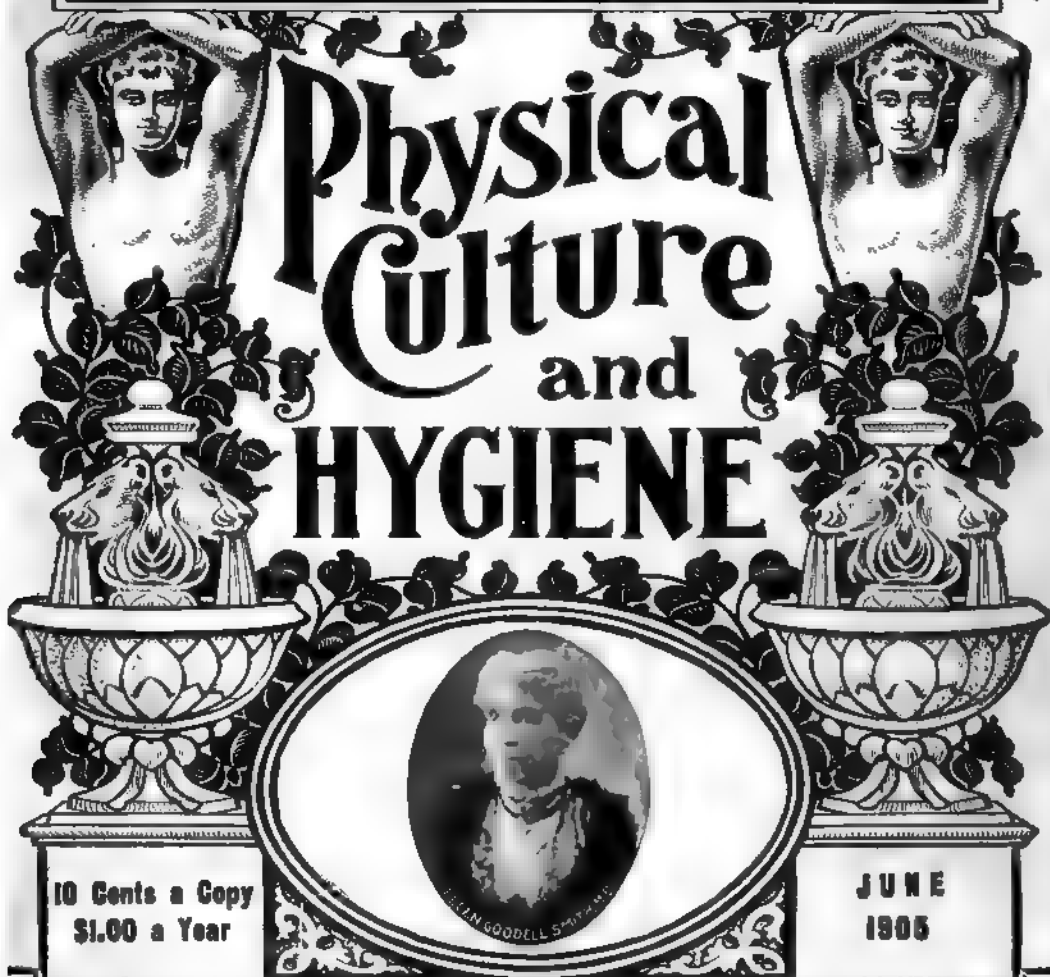
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Number 6

HEALTH



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NEARLY HALF A MAN'S WAGES GOES FOR FOOD, By C. Gilbert Percival, M. D.
DIPHTHERIA, By G. H. Corsan.
PERSONAL BEAUTY, By Wm. S. Birge, M. D.
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AN INSTRUMENT THAT RESTORES EYESIGHT

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This instrument is in the form of a Pocket Battery, which the inventors have patented. It is called "Actina," a trade mark word.

In the treatment of eye diseases the inventors of "Actina" claim there is no need for cutting or drugging the eye, for any form of disease. Cataracts, pterygiums, and other abnormal growth can be removed, and weakened vision restored by the new and more humane method. If this is a fact, there will be no need to go blind or to wear spectacles. "Actina" has been tested in hundreds of cases, and has effected marvelous cures. So confident are the inventors that this device is an article of great merit that they give an absolutely free trial. They want every one interested to make a thorough investigation and a personal test of the "Actina," as it is sent on trial postpaid. Any person can give it this test.

They issue a book of 100 pages—a complete dictionary of disease—which tells all about "Actina," the diseases it will cure, what others think of it, what marvelous cures it has effected, and all about the responsibility of its owners. It is sent absolutely free. This book should be in the library of every family. Address

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Made One Million Dollars



last year. Another made \$1,200,000. This is authentic.

One pays 20 per cent. on \$5,000,000 capital stock.

The other pays 12 per cent. on \$10,000,000. They are both young concerns.

Every \$100 invested in their stock when they started, is to-day worth about \$100,000.

No industry or enterprise on American soil can show such results. Why? Because people are learning that certain foods will make robust health, prevent and cure disease and prolong life; hence they are turning by thousands into the ranks of food reform. It is the safest, richest, and most prolific field now open for investment.

My foods have struck the popular taste because they contain all the elements of nourishment in the right proportions. The taste is the police of the stomach.

I am to-day swamped with orders for my foods and they are still pouring in from every part of the United States.

I have been compelled to merge my business into a Stock Company in order to manufacture on a larger scale.

My Company has a broader field to work in, a better start and by far, more valuable formulas than the concerns above referred to had when they started.

My friends and financial advisers urged me to incorporate for \$1,000,000, because, judging by the growth of my business during the last six months, it will soon pay dividends on that amount.

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I will sell only enough of this stock for development purposes.

My booklet tells the whole story. You should read it. It will give you the history of a great movement, and some valuable information about the American Food Business that very few people know any thing about. Write for it to-day. There will be none sent after the subscription books are closed.

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of all cases of deafness brought to our attention is the result of chronic catarrh of the throat and middle ear. The air passages become clogged by catarrhal deposits, stopping the action of the vibratory bones. Until these deposits are removed a cure is impossible. The inner ear cannot be reached by probing or spraying, hence the inability of aurists or physicians to cure. Ear drums are worse than useless. That there is a scientific cure for deafness and catarrh is demonstrated every day by the use of Actina. The vapor current generated in the Actina passes through the Eustachian tubes into the middle ear, removing the catarrhal obstructions as it passes through the tubes, and loosens up the bones (hammer, anvil and stirrup) in the inner ear, making them respond to the slightest vibration of sound. Actina has never failed to cure ringing noises in the head. We have known people troubled with this distressing symptom for years to be completely cured in only three weeks' use of Actina.

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all of which are directly or indirectly due to catarrh. Actina is sent on trial postpaid. Write us about your case. We give advice free, and positive proof of cures. A valuable book - Prof. Wilson's 100-page Dictionary of Disease free. Address

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If you have the case, we have the remedy. Let us discuss it together.

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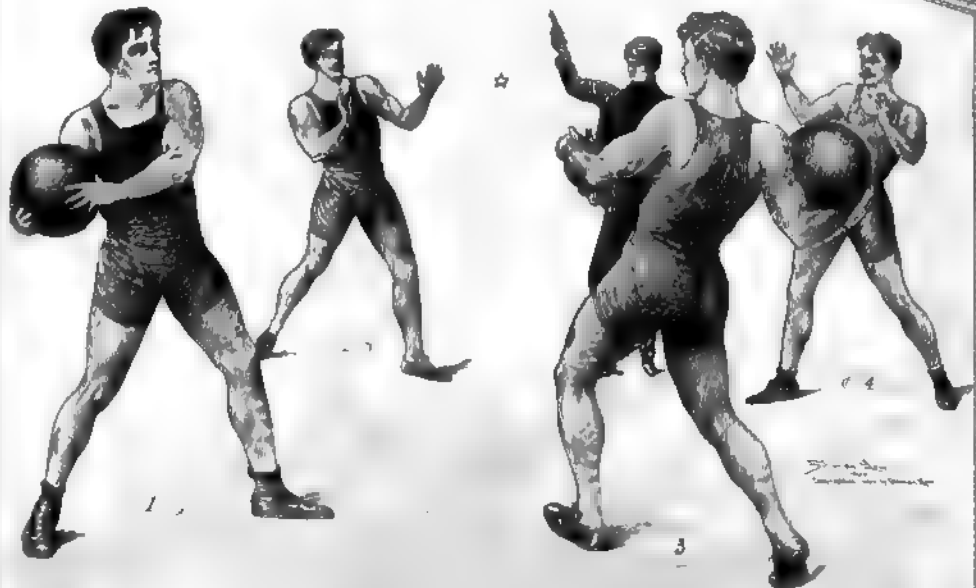
OCTOBER 1905

NUMBER 10

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DOUBT

FOR A YEAR

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INSURANCE

CEYLON

SCIENTIFIC AND MODERN REVIEWS

THE LOGIC OF HEALTH

BY FRED GILBERT BLAKESLEE

BY J. H. WARREN

GAME OF CROSS PASS

177

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saved my brother's eyesight. My brother was near sighted, wore number five and six glasses, and now he can go to school and do all his work and study without glasses."

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The most convincing argument is trial treatment. The Enk Preparations can speak for themselves.

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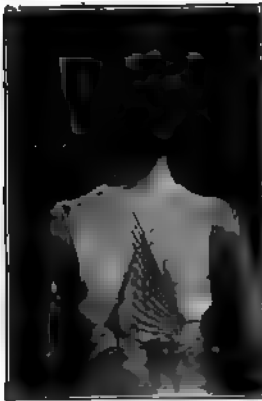
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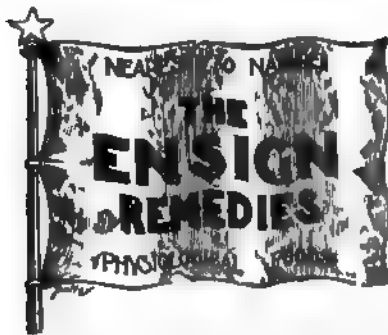
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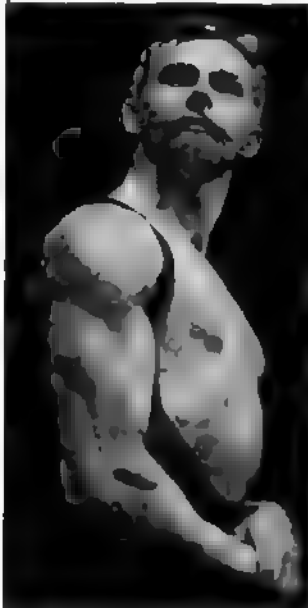
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VOLUME 55

OCTOBER, 1905

No. 10

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 New plan. No medicine swallowed. Dealers guarantee cure and refund your money in 10 days, if not satisfied. Just as good for COLDS, BRONCHITIS, BRONCHITIS, ASTHMA, SORE THROAT, DYPHTERIA and the
 At all druggists, or Sent Prepaid from Chicago for \$2.00. Write for free 20 page book about it to
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only and guarantee success. Established seven years for booklet, testimonials and free tuition blank. Address:

U. S. SCHOOL OF MUSIC, Box 229-J, 19 Union Square, New York.

at your home. For a limited time we will give free, for advertising purposes, 25 music lessons for beginners or advanced pupils on either Piano, Organ, Banjo, Guitar, Cornet, Violin or Mandolin (your expense will only be the cost of postage and the music you use, which is small). We teach by mail. Hundreds write: "Wish I had heard of your school before." Write to-day

A COMPLETE GYMNASIUM IN ITSELF

THE IDEAL PHYSICAL DEVELOPER.

Resists Every Muscle from Top of Head to the Soles of the Feet.



Turns Fat Into Muscle.—A scientific physical culture device that can be made weak enough for the weakest child, or strong enough for the strongest man.

A New Method of developing from weakness into a strong, healthy vital condition—that means a new physique, frame and muscles.

Rich, New Blood for everyone who uses the "Ideal Physical Developer" five or ten minutes every morning and evening.

Do You Want to reduce a double chin, large abdomen, fatty hips, or build up any part or parts of the body to normal symmetrical proportions? Use the Ideal Physical Developer. It teaches you how to strengthen, develop and beautify the entire body.

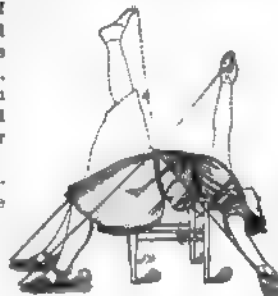
Endorsed by Physicians and Health Authorities. Mr David Sellers, Secretary Michigan Business and Normal College, Battle Creek, Mich.: "Gained thirty pounds in ten weeks." Mrs Lucy Smith: "Reduced hip measurement one inch each for seven weeks."

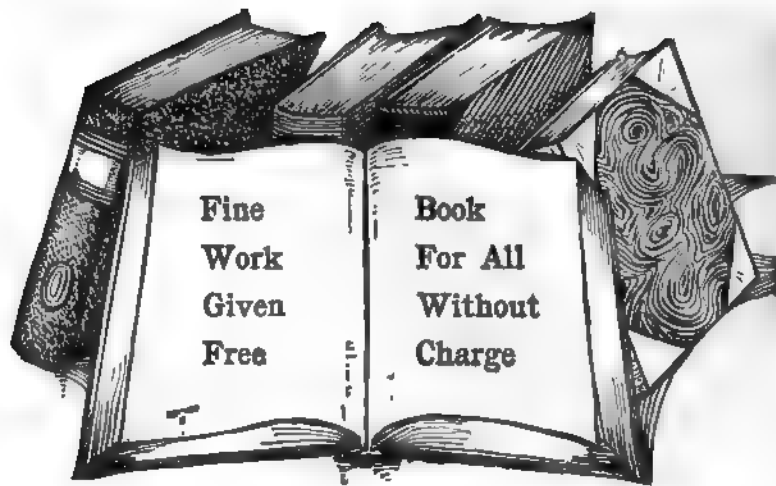
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NEW YORK, N. Y.





A FINE BOOK FREE

A splendid new book—a work that will be of tremendous, incalculable value to all who receive it—has just been issued at a cost of over \$5,000 by a distinguished specialist, a man famous in Europe and America for his noble, scientific and humane work. Regardless of the great expense of publishing this work, its author will give away 15,000 copies, absolutely free of charge. The work could easily have made his fortune, had he placed it on sale. Casting away all thought of gain, he gladly offers it to the public as a free gift, because he knows it will mean life itself to all who read its pages.

FOR years its author, Dr. Sproule, B.A., well-known as a leader among the great philanthropists of North America, labored night and day to discover a perfect, permanent cure for Catarrh. He sacrificed time, energy and money to gain his end. Step by step he worked his way along new paths, outstripping his rivals on two continents. At last his efforts were crowned

with success! He had discovered what other searchers had long despaired of finding—an easy, perfect, permanent cure for Catarrh. With no thought of rest from his arduous labors, he wrote this wonderful work on the cure of Catarrh. With no thought of the wealth it could win him, he now offers it free to all who ask for it.

THE information in its pages will save thousands of lives. Written by a heart and soul in earnest in his great work of fighting disease, its lines fairly ring with purpose and truth. With skillful hand he lays bare the beginnings of loathsome, treacherous disease—he tells all its hidden workings—he shows the awful dangers to which it leads—he points out the way to a safe and lasting cure—the only one—of that terrible scourge of North America—Catarrh. Fine pictures by the best artists illustrate the different phases of the disease in an exceedingly clear and interesting manner.

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Do not delay as the edition is going rapidly. The demand for the book is enormous. Every one wants it. Already grateful letters are coming back from those who have received it. It is desired more than Dr. Sproule in his sympathy and whole heartedness had planned for it. If you or your family need it, send for it today. It is offered willingly—freely—gladly—that you may have yourself of its wonderful aid—its certain relief. Write your name and address plainly on the lines, cut out and forward to DR. SPROULE, (Graduate Dublin University, Ireland, formerly Surgeon British Royal Naval Service) 74 Trade Building, Boston, Mass., and you will receive this valuable book free of all charge.

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ADDRESS

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The Wonderful Mission OF THE J. B. L. CASCADE

Among the great inventions of recent years probably none has done more actual good for mankind than the wonderful yet simple invention THE J. B. L. CASCADE.

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We have hundreds of unsolicited Testimonials to those who can call, we will be glad to show the original letters. For the convenience of others, we give a few perfect copies.

The reader is at perfect liberty to address any of the following, as to the genuineness of their letters, not of course neglecting to enclose stamp for reply.

Rev. W. L. Strange, New Plymouth, Idaho:

"I still keep recommending the 'Cascade treatment' in my pastoral work. I consider it the greatest discovery of the closing century, bringing Joy, Beauty and Life to so many that had almost despaired of ever again feeling the tingle of health in their bodies."

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"When I began the use of your 'J. B. L. Cascade' Dec. 12, 1890, I was almost a dead man—had night sweats—could not sleep on my left side—shortness of breath—could only sleep three or four hours at night, and then harassed by startling dreams. But from the day I commenced the use of your 'J. B. L. Cascade' to the present time all these symptoms have been leaving me as if blown away by the wind. I can now sleep as well on my left side as on my right, and on awakening feel rested and wide awake. Life feels once more worth living. Have been gaining firm flesh and muscle by the aid of the 'physical culture' exercises, and others explained in your book, the 'Royal Road to Health.' I often hear the expression—referring to me—'He was almost a dead man a year ago at this time; look at him now. He has the glow of life on his cheek, is fleshier and looks like a new man.'"

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Dear Sir:—I take pleasure in recommending the "J. B. L. Cascade." I have used it in my family for the last three years, and find it all you claim for it. I would not be without it under any circumstances.

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Very truly yours, W. E. FOREST.

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A FEW ADDITIONAL REFERENCES.

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**To Every Reader of "Health" We Would Like to Send a Booklet
Containing Numerous Other Testimonials**

Please read our advertisement on other page, it will tell you just what the J. B. L. Cascade is and does.

TYRRELL'S HYGIENIC INSTITUTE

Incorporated Under Laws of New York State

321 Fifth Avenue, New York

Every Reader of Health Take Notice

Lyman C. Bailey,
Bailey's Unified Shorthand,
Block 74, Liberal Arts Building,
World's Fair, St. Louis.

St. Louis, Mo., Nov. 26, 1904.

THE IDEAL COMPANY,
239 Broadway, N. Y.

Gentlemen:

It is hard to find an Exhibitor at the World's Fair who has not, during the past eight months, dug out from its educational features at least one gem that has and will continue to contribute greatness to his happiness and worldly success. The subjects are as varied as the tastes and requirements of the searcher, but the exhaustive tests and the eminently satisfactory results are always the same.

As an Exhibitor who has been conducting a series of such tests, I take the liberty to say to you that of all the benefits derived from my World's Fair Education the restoration of my natural sight, after repeated tests, by your Ideal Sight Restorer, to as good a condition as it was twenty odd years ago, is positively the most marvelous, the greatest and most lasting. For more than twelve years I have been consulting Eye Specialists and purchasing optical formulas until in September, 1904, I found myself with an accumulation of a dozen pair of "outgrown" glasses, and eyes so weak that I feared total loss of sight. Glaucoma was the word used by some to describe my malady, while others used the words Compound Astigmatism and Cataract.

I, with several other Exhibitors, accepted treatment of your representative at your booth, Block Eleven, Liberal Arts Building, for about two weeks. My treatments were irregular at first, as I felt that, while I am an enthusiastic supporter of the principles of Physical Culture, its direct application to my own weak, sensitive eyes seemed too much like risking the last vestige of vision for a principle. The good results were so marked,

however, that I soon secured a pair of your **Ideal Sight Restorers**, and, after about a week's faithful self-treatment, was able to see without glasses better than I had seen for many years with them. I suffered no headache or other inconvenience usual to those dependent on glasses who suddenly discontinue their use. I have not needed nor worn glasses since. I experienced a sense of freedom hard to describe when after having been restrained within the concentrated focus of the most scientific lenses, day and evening for twelve years, to be able to roll my eyes rapidly about and see accurately at any angle objects at a distance, and, closing them quickly, retain the image or picture a satisfactory length of time. Later I was startled to observe that the range of vision had extended from a few feet directly in front to hundreds of feet in the three directions in which the eye can move without turning the head, and still later I realized that my sight was as good as in my boyhood days, when I could see objects at a much greater distance than my playmates.

With the return of perfect sight came the confidence, alertness and courage of youth, while the foreboding, falterings and doubt incident to rapidly failing sight were as quickly dispelled, and now at the age of 47, I see the greatest of World's Fairs through eyes of but seventeen.

My wife, who has worn strong Near Sight glasses for about twenty-five years, when convinced that my eyes were being benefited, also tried the Restorer, and now goes without glasses the most of the time. She is still taking treatment.

We are Pacific Coast people, well known there and in the Orient. Our address after January 1, 1905, will be Berkeley, California.

The above is for your own information and encouragement, but should you desire to publish it, you have my consent to do so.

Respectfully,

LYMAN C. BAILEY.

STATE OF MISSOURI } ss.
City of St. Louis



Subscribed and sworn to before me, a Notary Public, within and for the City and State aforesaid, this 29th day of November, 1904.

ANDREW H. WATSON,

Notary Public, City of St. Louis, Mo.

My Commission Expires August 8th, 1906

STATE OF MISSOURI } ss.
City of St. Louis



I, William H. Hauschulte, Clerk of the Circuit Court, City of St. Louis, the same being a Court of Record, in and for said City and State, do hereby certify that Andrew H. Watson, who subscribed the foregoing Certificate of Juror was at the time of taking such affidavit a Notary Public, residing in said City and duly authorized to take and certify the same by the laws of said State, and to take and certify the acknowledgment and proof of deeds, to be recorded in the State, and that the same is taken and certified in all respects as required by the laws of said State. That I am well acquainted with the handwriting of said Andrew H. Watson, and verily believe that the signature attached to the foregoing Certificate is the genuine signature of said Andrew H. Watson.

WITNESS my hand and seal of the Circuit Court, City of St. Louis, at my office in said City, this 29th day of November, 1904.
WM. H. HAUSCHULTE, Clerk Circuit Court.

IN ANSWERING THIS ADVERTISEMENT, IT IS DESIRABLE THAT YOU MENTION "HEALTH."

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TYRRELL'S HYGIENIC INSTITUTE

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POSITIVE PROOF THAT "ACTINA" RESTORES EYESIGHT



That "ACTINA" will restore eyesight is certainly proven beyond a doubt by the testimonials published below. There are hundreds of others equally as strong in our free book and circulars.

"ACTINA" will cure *all forms of eye trouble* and strengthen the eyesight so that eyeglasses can be dispensed with in ninety cases out of one hundred.

"ACTINA" sets up and maintains a perfect circulation of the blood, and with perfect circulation there can be no disease.

"ACTINA" has cured thousands; it will cure you.

ACTINA IS SENT ON TRIAL, POSTPAID.

Actina Cures Iritis After Doctors Fail.

Mrs M. E. Champney, 242 West 135th St., New York, writes:—"The 'Actina' cured me of Iritis, after the doctors said there was no cure outside an operation. I have been entirely well for over four months, can see to read and sew as well as before. I can honestly recommend 'Actina' for all afflictions of the eye."

Eyesight Restored.

Alexandria, Minn., Feb. 8, 1905.
NEW YORK AND LONDON ELECTRIC ASSOCIATION,
Kansas City, Mo.
Gentlemen:—In regard to the "Actina," I can say, that it is a wonderful thing, and don't see how I could get along without the use of it. I had to leave school last spring on account of my eyes, but since the purchase of the "Actina" have had no trouble of the kind. I am well satisfied with the purchase.

Yours truly,

CHARLES DAVIDS.

Cataract Completely Removed and Nervous Strain of Eyes Cured

Fair Haven, Vt., Feb. 7, 1905.
NEW YORK AND LONDON ELECTRIC ASSOCIATION,
Kansas City, Mo.:

Gentlemen:—The "Actina" that I purchased of you has removed a cataract from one eye and black spots from the other eye. It has also cured my cataract trouble in head and throat. My wife had nervous strain of eyes and pressure in top of head and pain through temples could not raise her eyes to look up, on account of pain through her eyes, and could not wear glasses, and the "Actina"

relieved her of those troubles. Now she is using it for a grip, cold and cataract trouble.

Yours with respect,

A. B. HERRINGTON.

Actina Cured This Little Girl of Weak Eyes Caused by the Measles.

San Francisco, Calif., Feb. 4, 1905.
NEW YORK AND LONDON ELECTRIC ASSOCIATION,
Kansas City, Mo.

Gentlemen:—Your "Actina" has been in use in our family over one year. It has cured my little girl eleven year old of weak eyes, caused by the measles. Her eyes were so weak and painful, she was compelled to remain out of school, for weeks at a time. She never complains of her eyes now. The other members of the family have used it for colds in the head, headache, and neuralgia, all with equal success. We think it a wonderful instrument.

Very respectfully,

MRS. IDA B. FLEMING, 896 Corbett Ave.

Ulceration of Eyeball Cured.

Kingsville, Mo., Feb. 9, 1905.
NEW YORK AND LONDON ELECTRIC ASSOCIATION,
Kansas City, Mo.:

Gentlemen:—I was afflicted with two ulcers on one of my eyes. I purchased an "Actina" from one of your agents, Mr. W. H. Owens, at Adrian, Mo., and am now well as I ever was. I only used the "Actina" about a month or six weeks.

Yours respectfully,

LEE ROY BOWLEWARE,

R. F. D. No. 34.

Hundreds of other testimonials can be sent on application. "Actina" is purely a home treatment and self-administered by the patient, and is sent on trial, postpaid. If you will send your name and address to the NEW YORK AND LONDON ELECTRIC ASSOCIATION, Dept. 121 H, 929 Walnut Street, Kansas City, Mo., you will receive, absolutely free, a valuable book, Professor Wilson's Treatise on the Eye and on Disease in General.



Beauty! - Health!

Within the Reach of All

A Rare Opportunity to Obtain an Apparatus that Produces Strength, Health and Beauty



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For a limited time we will give **FREE** this **HEALTH-BEAUTY DEVELOPER** to the readers of **HEALTH**.

A MOST PERFECT DEVICE FOR
**Developing, Strengthening
and Beautifying the Body**

Nothing can equal it as a means of Developing and Making Round and Symmetrical the Bust, Shoulders, Arms and Chest.

It builds **FIRM, ROSY FLESH** on a thin person and takes away Soft, Flabby, Shapeless Fat from an obese person.

It gives Symmetrical Curves to the Limbs, Hips and Waist.

What a subscriber says:

Haakwood, Mich., March 10, 1903.

HEALTH PUB. CO.

Gentlemen:—I write to say that I received the Health-Beauty Developer with Chart which you sent me in January. I immediately began to use it morning and evening and am more than pleased with it. I thank you most kindly for it. It is most strange that often the best things have to be thrust upon the people.

Gratefully yours,

MRS. R. R. DANKEL.

The Health-Beauty Developer and Illustrated Chart of Instruction will be sent **FREE** to any person sending us \$1.00 for one year's subscription to **HEALTH**. To foreign countries 50 cents additional.

HEALTH PUBLISHING CO.

321 FIFTH AVENUE,

NEW YORK

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